

PD DAY SCHEDULE 5:45 AM-9:00 PM

Friday, November 21st

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms				
	Lane	Leisure		Cycle	Fitness		1	2	3		
Registration recommended for Group Fitness Classes, programs with * registration is required											
5:45											
6:00	Lane Swim 6-8:30 (3 Lanes)	OSAC 6-7:45 (5 lanes)				Open 5:45-8:30					Boot Camp 6:15-7
6:15											
6:30											
6:45											
7:00		Open Swim 7-8:45	Athletic Performance Training: Teen 7:15-8								
7:15											
7:30											
7:45											
8:00	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10							
8:15											
8:30											
8:45											
9:00	Lane Swim 9:45-10:30 (4 lanes)	Advanced Courses 9:45-10:30	Yoga 10-10:45		Gravity 9:45-10:15						
9:15											
9:30											
9:45											
10:00		Family Swim 10-11:15	Cardio: Gentle 11-11:45		Gravity 10:20-10:50						
10:15											
10:30											
10:45											
11:00	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12								
11:15											
11:30											
11:45											
12:00	Lane Swim 12-1	Adult Therapy 12-1			Tabata 12:15-12:45						
12:15											
12:30											
12:45											
1:00			Family Gym 12-3								
1:15	Advanced Courses 1:15-3:15	Rec Swim 1:15-3:15 Free for Everyone for YMCA Peace Week!									
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15			PD Day Camp 3:30-5:15								
3:30											
3:45	Lane Swim (2 lanes) 3:45-5:45	Owen Sound Otters 3:45-5:45									
4:00											
4:15											
4:30											
4:45	Lane Swim (4 lanes) 5:45-8	Rec Swim (4 lanes) 5:45-8	Rec Swim 5:30-8								
5:00											
5:15											
5:30											
5:45											
6:00											
6:15											
6:30											
6:45											
7:00											
7:15											
7:30											
7:45											
8:00											
8:15											
8:30											
8:45	Friday										