



Shine On

**HOLIDAY
2025/2026**

PROGRAM SCHEDULE

DECEMBER 22, 2025 -
JANUARY 4, 2026

ymcaowensound.on.ca

HOME FOR THE HOLIDAYS PROMO

Students can stay active and enjoy a special 1 month membership for 15% off with a student ID Card. There are so many great ways to get your mind and body active over the holidays! Visit our Welcome Desk to sign up (*offer available, December 1, 2025- December 31, 2025.*)

GUIDELINES & POLICIES

The safety & well-being of our community is important to us. Prior to visiting our facility, we ask all individuals to read & adhere to our guidelines and policies available on our website.

FINANCIAL ASSISTANCE

Thanks to the generosity of our donors, financial assistance is available for families and individuals, ensuring everyone can access our programs and services. Visit our Welcome Desk for more information.

A charity igniting the potential in people

Becoming a YMCA member is more than just joining a gym; it's joining a community where we help each other grow, lead, and give back so we can all shine brighter together. No matter your age or ability, you'll find the support, guidance, and encouragement you need to stay active and boost your well-being. As a YMCA Member, enjoy unlimited access to group fitness classes, conditioning room, swimming pools, children's programs, and more. Ask us about family discounts!

Holiday Schedule

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	OSAC 6-8 (4 lanes)	Open Swim 7-8:45			Pickleball: Rec 6-8:30			WOW 6:15-6:45
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30			Cardio: Mix 9-9:45			Tai Chi 1* 9-10
9:00									
9:15									
9:30	Lane Swim 9:30-10:30 (3 lanes)	Rec Swim 9:30-10:30							Gravity* 9:45-10:15
9:45									
10:00						Yoga 10-10:45			Gravity: Mix* 10:20-10:50
10:15									
10:30									
10:45									
11:00						Cardio: Gentle 11-11:45			
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1:30						
11:30									
11:45									
12:00	Lane Swim 12-1:30								
12:15			Basketball 12-1	Kettlebell Flow 12:15-12:45	TRX Boot Camp 12:15-12:45				
12:30					Family Play 12:15-1:30 (0-6 yrs)				
12:45									
1:00									
1:15									
1:30	Lane Swim 1:30-3:30 (4 lanes)	Rec Swim 1:30-3:30		Holiday Camp 1-3					
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30				Family Gym 3:15-6:30					
3:45									
4:00	Lane Swim 4-8	OSAC 4-5:30 (5 lanes)	Rec Swim 4-7						
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00	Aquafit 7-7:45		Open Swim 7-8	Badminton (13+ yrs) 6:45-8:45					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Monday								

Holiday Schedule

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	OSAC 6-7:45 (4 lanes)	Basketball 6-8:30		Kettlebell Flow 6:15-7				
6:15									
6:30									
6:45									
7:00		Open Swim 7-8:45							
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30		Family Gym 9-11:45				
9:00									
9:15									
9:30	Lane Swim 9:30-10:30 (3 lanes)	Rec Swim 9:30-10:30	Chair Fit 10:15-11	Gravity* 10:20-10:50					
9:45									
10:00									
10:15									
10:30			Stretch 11:15-12						
10:45									
11:00									
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12		Open Swim 11:15-1:30		Bars & Plates 12:15-12:45			
11:30									
11:45									
12:00	Lane Swim 12-1:30		Pickleball: Rec 1-2:30						
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 1:30-3:30 (4 lanes)	Rec Swim 1:30-3:30	Holiday Camp 2:45-4						
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00			Family Gym 4:15-6:30	Yoga 5:15-6					
3:15									
3:30					Co-Ed Volleyball 7-8:45				
3:45									
4:00									
4:15									
4:30	Lane Swim 4-6 (5 lanes)	OSAC 4-6 (3 lanes)					Gravity Bootcamp* 7:30-8:15		
4:45									
5:00									
5:15									
5:30		Open Swim 6-7:30							
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	Tuesday								

WEDNESDAY DECEMBER 24, 5:45 AM -12:00 PM
Holiday Schedule

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														
6:15														
6:30														
6:45	Lane Swim 6:30-8:30		Open Swim 7-8:45	Pickleball: Rec 6-8:30		Bars & Plates 6:15-7								
7:00														
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45														
9:00														
9:15	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Tabata Set up	Cycle* 9-9:40	Tai Chi 1* 9-10								
9:30	Lane Swim 10-11:30 (4)		Rec Swim 10-11:30	Yoga 10-10:45							Tai Chi 3* 10-11	Gravity* 9:45-10:15	Gravity: Mix* 10:20-10:50	
9:45														
10:00														
10:15														
10:30														
10:45														
11:00														
11:15														
11:30														
11:45														
12:00	CLOSED													

THURSDAY DECEMBER 25
Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3

Closed - Christmas Day

FRIDAY DECEMBER 26
Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3

Closed - Boxing Day

SATURDAY DECEMBER 27, 7:00 AM - 3:00 PM

Holiday Schedule

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									
7:00			Open Gym 7-7:45						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-11		Pickle Ball: Rec 8-9:45	Cycle* 8-8:30					
8:45									
9:00									
9:15									
9:30									
9:45									
10:00					Tai Chi 1* 9-10	Boot Camp 8:45-9:30			
10:15									
10:30					Gravity* 9:45-10:15				
10:45									
11:00		Rec Swim 11:15-1:15	Family Gym 10-1						
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									
1:30			Basketball 1:15-2:45						
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Saturday									

SUNDAY DECEMBER 28, 7:00 AM - 3:00 PM										
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										
7:00	Lane Swim 7:45-9:15			Pickleball: Competitive 18yrs+ 7-9:15					Closed	
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45										
9:00										
9:15										
9:30										
9:45	Lane Swim 9:15-10:30 (4 lanes)	Aquafit 9:45-10:30	Pickleball: Beginner/ Rec 9:15-11:30			W.O.W. 9:30-10				
10:00										
10:15										
10:30			Open 10:30-12			Stretch 11:15-12				
10:45										
11:00										
11:15			Rec Swim 12:30-2:30	Family Gym 12-2:45						
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00										
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
Sunday										

MONDAY DECEMBER 29, 5:45 AM - 9:00 PM Holiday Schedule

Holiday Schedule

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						WOW 6:15-6:45		Holiday Camp		
6:00										
6:15										
6:30										
6:45	Lane Swim 6:30-8:30 (5 lanes)	OSAC 6:30-8:30 (3 lanes)	Open Swim 7-8:45			Pickleball: Rec 6-8:30				
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30			Cardio: Mix 9-9:45				
9:00										
9:15										
9:30	Lane Swim 9:30-10:30 (3 lanes)	Rec Swim 9:30-10:30							Gravity* 9:45-10:15	Stay 'n' Play 8:45-12
9:45										
10:00										
10:15	Yoga 10-10:45	Gravity: Mix* 10:20-10:50								
10:30										
10:45										
11:00				Cardio: Gentle* 11-11:45						
11:15										
11:30										
11:45	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1:30	Rental 11-1						
12:00										
12:15	Lane Swim 12-1:30				Open Swim 11:15-1:30					
12:30										
12:45										
1:00										
1:15	Lane Swim 1:30-3:30 (4 lanes)		Rec Swim 1:30-3:30	Holiday Camp 1-3		Family Play 12:15-1:30 (0-6 yrs)				
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30			Family Gym 3:15-6:30							
3:45										
4:00										
4:15										
4:30		OSAC 4-5:30 (5 lanes)	Rec Swim 4-7	Family Gym 3:15-6:30	Strength Training: Teen* 4-5					
4:45										
5:00										
5:15										
5:30	Lane Swim 4-8		Rec Swim 4-7	Family Gym 3:15-6:30	Yoga 5:15-6					
5:45										
6:00										
6:15										
6:30			Open Swim 7-8	Badminton (13+ yrs) 6:45-8:45	Cardio Mix 6:15-7					
6:45										
7:00										
7:15										
7:30			Open Swim 7-8	Badminton (13+ yrs) 6:45-8:45						
7:45										
8:00										
8:15										
8:30										
8:45	Monday									

TUESDAY DECEMBER 30, 5:45 AM - 9:00 PM **Holiday Schedule**

Holiday Schedule

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									
6:15									
6:30									
6:45									
7:00	Lane Swim 6:30-8:30	OSAC 6:30-8:30 (4 lanes)	Open Swim 7-8:45	Basketball 6-8:30					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
9:30	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Family Gym 9-11:45	Cycle* 9-9:40	Mommy & Me Stretch & Strengthen 9:15-10	Gravity* 9:45-10:15	Gravity* 10:20-10:50	Stay 'n' Play 8:45-12
9:45									
10:00									
10:15									
10:30									
10:45	Lane Swim 9:30-10:30 (3 lanes)		Rec Swim 9:30-10:30						
11:00									
11:15									
11:30									
11:45									
12:00	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1:30			Stretch 11:15-12			
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 12-1:30		Open Swim 11:15-1:30	Bars & Plates 12:15-12:45					
1:30									
1:45									
2:00									
2:15									
2:30	Lane Swim 1:30-3:30 (4 lanes)	Rec Swim 1:30-3:30	Pickleball: Rec 1-2:30						
2:45									
3:00									
3:15									
3:30									
3:45			Holiday Camp 2:45-4						
4:00									
4:15									
4:30									
4:45									
5:00	Lane Swim 4-6 (5 lanes)	OSAC 4-5:30 (3 lanes)							
5:15									
5:30									
5:45									
6:00									
6:15			Open Swim 6-7:30						
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
7:55									
8:00									
8:15									
8:30			Co-Ed Volleyball 7-8:45				Gravity Bootcamp 7:30-8:15		
8:45									
8:55									
9:00									
9:05									
Tuesday									

WEDNESDAY DECEMBER 31, 5:45 AM - 12:00 PM								Holiday Schedule		
Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms			
	Lane	Leisure		Cycle	Fitness		1	2	3	
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45										
8:00	Lane Swim 8-10:30 (3 Lanes)	OSAC 8-10:30 (5 Lanes)	Pickleball 7-9							
8:15										
8:30										
8:45										
9:00										
9:15										
9:30										
9:45										
10:00										
10:15										
10:30										
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										
Closed										

City Of Owen Sound
New Years Eve Event
Starts at 1PM
(Gymnasium & Pool Open Only)
 Visit their website for more details

Thursday JANUARY 1, 7:00 AM - 3:00 PM **Holiday Schedule**

Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
7:00			Basketball 7-9					CLOSED	
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
9:30	Lane Swim 9:30-11 (4 Lanes)	Open Swim 9:30-11 (4 Lanes)	Badminton 9:15-11		Tai Chi 1 9:00-10:00	Boot Camp 9-9:30			
9:45									
10:00									
10:15									
10:30									
10:45									
11:00			Family Gym 11:15-2:45		Tai Chi 3 10:00-11:30	Gravity Core* 11- 11:30			
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00	Rec Swim 11:30-2			Cycle 12:15-12:45					
2:15									
2:30									
2:45									
3:00									
Thursday									

FRIDAY JANUARY 2, 5:45 AM - 9:00 PM **Holiday Schedule**

FRIDAY JANUARY 2, 5:45 AM - 9:00 PM **Holiday Schedule**

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			Open 5:45-8:30			Boot Camp 6:15-7		Holiday Camp	
6:00									
6:15									
6:30									
6:45	Lane Swim 6:30-8:30 (3 lanes)	OSAC 6:30-8:30 (5 lanes)	Open Swim 7-8:45						
7:00									
7:15									
7:30									
7:45									
8:00									
8:15			Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle* 9-10				
8:30									
8:45									
9:00									
9:15									
9:30									
9:45	Lane Swim 9:30-10:30 (5 lanes)	Rec Swim 9:30-10:30				Gravity* 9:45-10:15	Family Play 10-12 (0-6 yrs)		
10:00									
10:15									
10:30									
10:45			Yoga 10-10:45			Gravity* 10:20-10:50			
11:00									
11:15									
11:30									
11:45	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1:30	Cardio: Gentle 11-11:45					
12:00									
12:15	Lane Swim 12-1:30		Open Swim 11:15-1:30	Tabata 12:15-12:45		Gravity* 12:15-12:45			
12:30									
12:45				Class Clean Up					
1:00									
1:15	Lane Swim 1:30-3:30 (4)		Open Swim 11:15-1:30	Pickleball: Rec 1-3:15					
1:30									
1:45									
2:00									
2:15									
2:30									
2:45	Lane Swim 1:30-3:30 (4)		Rec Swim 1:30-3:30						
3:00									
3:15									
3:30									
3:45									
4:00									
4:15	Lane Swim (3 lanes) 4-7	OSAC 4-5:30 (5 lanes)	Rec Swim 4-7	Day Camp 3:30-5					
4:30									
4:45									
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			Basketball 7:30-8:45						
8:30									
8:45									
8:45									
Friday									

Saturday JANUARY 3, 7:00 AM - 3:00 PM **Holiday Schedule**

Saturday JANUARY 3, 7:00 AM - 3:00 PM **Holiday Schedule**

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									
7:00			Open Gym 7-7:45						
7:15									
7:30									
7:45									
8:00									
8:15	Lane Swim 8:30-11 OSAC 8:30-10:30 (6 lanes)		Pickle Ball: Rec 8-9:45	Cycle* 8-8:30					
8:30									
8:45									
9:00									
9:15									
9:30			Tai Chi 1* 9-10	Boot Camp 8:45-9:30					
9:45									
10:00				Gravity* 9:45-10:15					
10:15									
10:30									
10:45	Tai Chi 3* 10-11:30								
11:00									
11:15									
11:30									
11:45									
12:00	Rec Swim 11:15-1:15	Family Gym 10-1							
12:15									
12:30									
12:45									
1:00									
1:15		Basketball 1:15-2:45							
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Saturday									

SUNDAY JANUARY 4, 7:00 AM - 3:00 PM **Holiday Schedule**

Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure	m	Cycle	Fitness		1	2	3
Registration recommended for Group Fitness Classes, programs with * registration is required									
7:00	Lane Swim 7:45-9:15								
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00	Lane Swim 9:15-9:45 (4 lanes)								
9:15									
9:30									
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30	Rec Swim 12:30-2:30								
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									