



Free access for residents of:  
The Town of Saugeen Shores

# Saugeen Shores Community Event

Sunday, January 27

11:30 AM - 5:00 PM

*Free Activities For All Ages!*



**FREE ACCESS** for residents of the Town of Saugeen Shores to the **YMCA of Owen Sound Grey Bruce**, Sunday January 27, 11:30 AM - 5:00 PM. Come see and enjoy our beautiful Health, Fitness & Aquatics facility!

\*Photo ID required when signing in. Please bring a lock for your belongings.

## Pool Admission Policy

**SWIMMERS MUST BE 10 YEARS OLD TO SWIM BY THEMSELVES**

- **Swimmers who are 6-9 years old:** Must pass the swim test to swim by themselves (see Lifeguard for swim test requirements) **OR** can be accompanied in the water and directly supervised within arms' reach by a parent or guardian who is 14 years of age or older with the following ratios of supervisors to swimmers: 1 supervisor to 4 swimmers not wearing lifejackets; 1 supervisor to 8 swimmers wearing lifejackets
- **To Swim in the Deep End of the Lane Pool:** Regardless of age, swimmers must pass the swim test to swim in the lane pool deep end during rec, open or family swims. Lifeguards have the right to restrict deep end use according to swimming ability. Use of lifejackets or other floatation devices in the deep end is not permitted.
- **Swim Test:** Must be able to swim 1 width of the lane pool using proper front crawl or breaststroke without stopping in order to swim unaccompanied during rec or open swims; or to swim in the deep end of the lane pool.
- **Swimmers who are 0-5 years old:** Must be accompanied in the water and directly supervised within arms' reach at all times by a parent or guardian 14 years of age or older regardless of swimming ability (1 supervisor to 2 swimmers).

**In case of inclement weather and the need to reschedule, please visit our website for more details:**

[ymcaowensound.on.ca](http://ymcaowensound.on.ca)

## FACILITY TOURS

**11:30 AM | 12:30 PM**

Join us for a guided tour to see our modern, accessible facility that includes an 8 lane, 25m pool, warm water leisure pool, multi-sport gymnasium, fitness & cycle studio, 2-lane walking/running track, fully equipped conditioning centre, age specific change rooms, adult steam rooms, programs rooms and more! No need to register, just meet at our Welcome Desk at the designated time.

## FAMILIES (all ages)

**Rec Swim 1:00 - 3:00 PM (Leisure Pool)**

**Rec Swim 1:00 - 2:30 PM (Lane Pool)**

Everyone can enjoy the water during this open swim. Toys and equipment are available for use. Lifeguard supervision provided. **See Pool Admission Policy.**

**Family Fun Gym 2:00 - 4:00 PM**

A variety of equipment and games for active playtime. Adults must accompany and directly supervise children.

**Open Gym 4:00 - 4:45 PM**

Drop-in for co-ed recreational Basketball and/or Floor Hockey in the gym! (13+ years or with parent)

## ADULTS

**Length Swim 11:50 - 12:45 PM (Lane Pool, 8 lanes)**

**Adult Swim (Leisure Pool) 12:00 - 12:45 PM**

**Fitness Centre (16+) 12:00 - 4:45 PM**

Try our 1 PM Stretch class or enjoy a workout with modern cardio machines, strength training equipment and our walking/ running track.