

Tamarack North Centre | Parry Sound

Health, Fitness, & Aquatics

Opening October 10

2026 Fall Schedule



MONDAY							
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-10:00am	Open Gym 6:00-10:00am			Lane Swim 6:30-8:30am		
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am			FlowFit 9:15-10:00am	Child Minding \$ (0-3 years) 9:00-11:15am			
9:30am							
10:00am	Pickleball 10:00-1:00pm					AquaFit 10:15-11:00am	
10:30am							
11:00am							
11:30am							
12:00pm						Lane Swim 12:00-1:00pm	
12:30pm							
1:00pm	Open Gym 1:00-5:00pm	Open Gym 1:00-5:00pm					
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm					Rental 4:30-7:00pm		
5:00pm	Rental 5:00 - 9:00pm						
5:30pm							
6:00pm			Line Dancing 6:00-7:00pm				Open Swim 5:30-8:30pm
6:30pm							
7:00pm							
7:30pm						Lane Swim 7:30-8:30pm	
8:00pm							
8:30pm							
9:00pm	Facility Closed at 9:00pm						



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics



Group Rental

For more information, please contact your
Membership Services Desk

Tamarack North Centre | Parry Sound

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2026 Fall Schedule



TUESDAY							
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-10:00am	Open Gym 6:00-10:00am					
6:30am			FlowFit 6:30-7:15am		Lane Swim 6:30-8:30am		
7:00am							
7:30am							
8:00am							
8:30am						Open Swim 8:45-10:00am	
9:00am							
9:30am							
10:00am	Pickleball 10:00-1:00pm				AquaFit 10:15-11:00am		
10:30am							
11:00am							
11:30am							
12:00pm						Lane Swim 12:00-1:00pm	
12:30pm							
1:00pm	Open Gym 1:00-3:00pm	Open Gym 1:00-4:00pm					
1:30pm							
2:00pm							
2:30pm	Youth Open Gym (13-17 years) 3:00-5:00pm						
3:00pm							
3:30pm							
4:00pm		Rental 4:00-7:30pm			Swim Lessons (3-12 years) 4:00-7:00pm		
4:30pm							
5:00pm	Rental 5:00-9:00pm			YKids (3-11 years) 5:15-7:30pm			
5:30pm			TotalTone 5:30-6:15pm				
6:00pm							
6:30pm							
7:00pm							
7:30pm		Rental 7:30 - 9:00pm			Lane/ Open Swim 7:30-8:30pm	Open Swim 7:30-8:30	
8:00pm							
8:30pm							
9:00pm	Facility Closed at 9:00pm						



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WEDNESDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-10:00am				Lane Swim 6:30-8:30am	
6:30am						
7:00am						
7:30am						
8:00am						
8:30am						Open Swim 8:45-10:00am
9:00am			TotalTone 9:15-10:00am	Child Minding \$ (0-3 years) 9:00 -11:15am		
9:30am					AquaFit 10:15-11:00am	
10:00am	Pickleball 10:00-1:00pm					
10:30am						
11:00am						
11:30am						
12:00pm	Open Gym 1:00-5:00pm				Lane Swim 12:00-1:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Rental 5:00-9:00pm				Rental 4:30-7:00pm	Open Swim 5:30-8:30pm
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm						
6:00pm			FlowFit 6:00-7:00pm			
6:30pm						
7:00pm						
7:30pm					Lane/ Open Swim 7:30-8:30pm	
8:00pm						
8:30pm						
9:00pm	Facility Closed at 9:00pm					



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THURSDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
6:00am	Open Gym 6:00-10:00am	Open Gym 6:00-10:00am						
6:30am			TotalTone 6:30-7:15am		Lane Swim 6:30-8:30am			
7:00am								
7:30am								
8:00am								
8:30am						Open Swim 8:45-10:00am		
9:00am								
9:30am								
10:00am	Pickleball 10:00-1:00pm				AquaFit 10:15-11:00am			
10:30am								
11:00am								
11:30am								
12:00pm						Lane Swim 12:00-1:00pm		
12:30pm								
1:00pm			Open Gym 1:00-3:00pm	Open Gym 1:00-4:00pm				
1:30pm								
2:00pm								
2:30pm								
3:00pm	Youth Open Gym (13-17 years) 3:00-5:00pm							
3:30pm								
4:00pm					Swim Lessons (3-12 years) 4:00-7:00pm			
4:30pm								
5:00pm	YKids (3-11 years) 5:15-7:30pm	Rental 4:00-7:00pm						
5:30pm			Line Dancing 5:30-6:15pm					
6:00pm								
6:30pm								
7:00pm								
7:30pm	Rental 7:30 -9:00pm				Lane/Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm		
8:00pm								
8:30pm								
9:00pm			Facility Closed at 9:00pm					



Drop-In Fitness 13+



Registered Programs



Sign In Programs



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FRIDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-10:00am	Open Gym 6:00-10:00am				
6:30am						
7:00am					Rental 6:30-8:30am	
7:30am						
8:00am						
8:30am						
9:00am	Pickleball 10:00-1:00pm		FlowFit 9:15-10:00am	Child Minding \$ (0-3 years) 9:00-11:15am		Open Swim 8:45-10:00am
9:30am						
10:00am					AquaFit 10:15-11:00am	
10:30am						
11:00am						
11:30am						
12:00pm	Open Gym 1:00-9:00pm	Open Gym 1:00-9:00pm			Lane Swim 12:00-1:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm					Lane / Open Swim 4:30-8:30pm	Open Swim 4:30-8:30pm
5:00pm						
5:30pm						
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm	Facility Closed at 9:00pm					



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics



Group Rental

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2026 Fall Schedule



SATURDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
8:00am		Open Gym 8:00-12:00pm				
8:30am	YKids (3-11 years) 8:45-12:00pm			Child Minding \$ (0-3 Years) 8:45-12:00pm	Lane Swim 8:30-9:30am	
9:00am			Line Dancing 9:00-9:45am			
9:30am						
10:00am			FlowFit 10:00-10:45am		Swim Lessons (3-12 years) 10:00-1:30pm	
10:30am						
11:00am						
11:30am						
12:00pm	Family Pickleball 12:15-2:00pm					
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-3:55pm	Open Gym 2:00-3:55pm			Open Swim 2:00-3:30pm	
2:30pm						
3:00pm						
3:30pm						
4:00pm	Facility Closed at 4:00pm					

SUNDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Open Gym 10:00-3:55pm		FlowFit 10:15-11:15am			
10:30am					Lane Swim 10:30-11:25am	
11:00am						
11:30am				AquaFit 11:30-12:15pm		
12:00pm						
12:30pm	Rental 10:00-4:00pm					
1:00pm						Open Swim 1:00-3:30pm
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Facility Closed at 4:00pm					

- Drop-In Fitness 13+
- Registered Programs
- Sign In Programs
- Self-Directed
- Drop-In Aquatics
- Group Rental

For more information, please contact your Membership Services Desk

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2026 Fall Schedule



Contact Information & Hours

Monday - Friday: 6:00am-9:00pm

Saturday - 8:00am-4:00pm

Sunday - 10:00am-4:00pm

parrysound.hfa@sm.ymca.ca

705-792-7822 - YMCA Community Care

Direct phone number to The Tamarack North Centre - to be announced

The Tamarack North Centre

44 Joseph Street

Parry Sound, ON

P2A 2G5

TamarackNorthCentre.ca

Key Member Dates

Session	2026-2027 Session Dates	Member Registration Opens
Opening Day	October 10	-
Fall Swim Lessons	October 12 - December 20	September 19
Winter Swim Lessons	January 4 - March 14	December 12
Winter Program Session	January 11 - March 14	December 12
Spring Swim Lessons	March 22 - June 27	March 6
Spring Program Session 1	March 22 - May 9	March 6
Spring Program Session 2	May 10 - June 27	April 24
*Registered program dates are subject to change and may differ depending on program. More information available at your membership services desk		