Tamarack North Centre | Parry Sound

Health, Fitness, & Aquatics

Fall 2026 Program Schedule

Shine On

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						Open Swim 8:45-10:00am
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

Health, Fitness, & Aquatics

Fall 2026 Program Schedule

Shine On

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						
3:00pm	Youth Open Gym (13-17 years) 3:00-5:00pm					
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					

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

Health, Fitness, & Aquatics

Fall 2026 Program Schedule

Shine On

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						
10:00am	Pickleball 10:00-1:00pm *The first Wednesday of each month Pickleball will start at 11:15am*				AquaFit 10:15-11:00am	
10:30am						
11:00am						Parent & Tot Swim Lessons 11:15-11:45am
11:30am						
12:00pm					Lane Swim 12:00-1:00pm	
12:30pm						
1:00pm	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						Open Swim 5:30-8:30pm
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					

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

Health, Fitness, & Aquatics

Fall 2026 Program Schedule

Shine On

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		Rental 4:00-7:00pm			Swim Lessons (3-12 years) 4:00-7:00pm	
4:30pm						
5:00pm	YKids (3-11 years) 5:15-7:30pm					
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

Self-Directed

Drop-In Aquatics

Group Rental

For more information, please contact your Membership Services Desk

Tamarack North Centre | Parry Sound

Health, Fitness, & Aquatics

all 2026 Program Schedule

Shine On

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					Rental 6:30-8:30am	
7:00am						
7:30am						
8:00am						
8:30am						Open Swim 8:45-10:00am
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 1:00-9:00pm	Open Gym 1:00-9:00pm				
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

For more information, please contact your Membership Services Desk

Tamarack North Centre | Parry Sound

Health, Fitness, & Aquatics

Fall 2026 Program Schedule

Shine On

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 10:00am - 12:55 pm		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						
1:00pm	Rental 10:00-4:00pm					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

Tamarack North Centre | Parry Sound

Health, Fitness, & Aquatics

Fall 2026 Program 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
Fall Swim Lessons	- December 20	
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		