

Peter Gilgan Family YMCA | June 30 - Sept 3, 2018

	Gy	ms		Mul	tipurpose Ro	oms		Adventure	Leisure Pool	Main Pool						
	1	2	1	2	3	4	5	Centre	Leisure Pooi	20m	23m & 25m	25m	25m			
5:30 AM									_							
6:00 AM							S Cycle Fit	Wellness Floor								
6:30 AM							6:00-6:45	\$ R Team Beats		On on Continu	Family Lane Swim					
7:00 AM								HIIT		Open Swim 5:45-9:00	5:45-8:45	Adult Lane Swim 5:45-8:45				
7:30 AM		\$ R Camp Care	\$ R Ca	mp Care	\$ R Camp Care 7:00-8:30	\$ R Camp Care		9:00-10:00			(25m only)	5.45-0.45				
8:00 AM	R Parkinsons	7:00-9:00	7:00	-9:00	7.00 0.50	7:00-9:00	S Cycle Fit									
8:30 AM	8:00-9:00						8:00-9:00	\$ R Aquatics	Open Swim							
9:00 AM					\$ R Aquatics Certification Courses 8:30-10:30			8:30-9:15	8:00-10:00		Aqua Fit					
9:30 AM	Zur	nba	Creative Creations	Morning Mix			Tabata Matwork	Jungle Run 2-5 yrs	Lessons 10:00-10:30		9:00-9:45	1	-			
10:00 AM	9:30-	10:30	2-5 yrs 9:15-10:45	6-12 yrs 9:15-10:45	0.50 10.50		9:30-10:15 S TRX						Adult Lane Swin 5:45-4:30			
10:30 AM			3.13 10.43	3.13 10.43	\$ R Camp		10:15-11:00	9:30-11:00	Parent & Tot 10:30-11:00	Open Swim	\$ R Aquatics Certification Course: 9:45-4:30	25				
11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids		\$ R Camp	10:30-11:15		Babies and Me		10.30-11.00	9:45-12:15						
11:30 AM	10:45-11:45	0-6 yrs	\$ R Camp	11:00-12:00			11:00-11:45		\$ R Camp		J.+J-+.50					
12:00 PM		11:00-12:15	11:00-1:00			\$ R Camp	S Cycle Fit		11:00-1:00		Fre					
12:30 PM	\$ R Camp					9:00-4:00	12:10-12:45				ua Fit 5-1:00	\$ R Aquatics				
1:00 PM	12:00-1:30				\$ R Aquatics			¢ D Comm				Certification Courses				
1:30 PM	Game On	1-30-3-00 Certifica				\$ R Aquatics	Certification Courses			\$ R Camp 11:15-4:00			t Camp	9:45-4:30		
2:00 PM	6-12 yrs							\$ R Aquatics	Certification Courses 12:00-4:00	11:15-4:00		\$ R Camp	11.13 1.00	Open Swim 1:00-4:30	1:00	0-2:30
2:30 PM	1:30-3:00		Certification Courses 1:00-4:00	12.00-4.00			1:00-4:00									
3:00 PM	\$ R Camp		1:00-4:00						Camp Swim 2:30-3:00	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	is				
3:30 PM	3:00-4:00															
4:00 PM		Basketball					\$ R Camp Care				7.43-4.30					
4:30 PM	\$ R Camp Care	13+ yrs	\$ R Ca	mp Care	\$ R Car	\$ R Camp Care		Open Climb				'				
5:00 PM	4:00-6:00	3:15-6:00		-6:00	4:00-		4:00-5:30	4:15-5:45	Parent & Tot							
5:30 PM									5:15-5:45				R Aquation Mentorship Pro			
6:00 PM			Gam	ne On			S Cycle Fit	Jungle Run	3.13 3.13		R Swim Lessons		4:30-7:15			
6:30 PM		nba	6-1:				6:00-6:45	2-5 yrs			4:30-8:00					
7:00 PM	6:15	-7:15		-7:30				6:00-7:15					R Youth Ma			
7:30 PM	C	/-IIb-II					S TRX	Open Climb					7:15-8:0			
8:00 PM	S Adult Volleyball					7:30-8:15	7:30-8:30	Open Swim		R Adult Beginner		71.5 0.00				
8:30 PM	7.50	7:30-8:45 Mindful Yoga/Sunset						7:15-9:30	Open Swim	8:00-8:30	Adult I	ane Swim				
9:00 PM	S Adult	/olleyball	8:15	-9:15						8:00-10:00	Open Swim)-10:00			
9:30 PM	8:45-	10:00							CLOSED	8:30-10:00						
10:00 PM		ALL FACILITY AREA	S CLOSE AT 10:00 PM	1		ALL FACILITY AREAS	CLOSE AT 10:00 PM	1		ALL FAC	TILITY AREAS CLOSE AT	ALL FACILITY AREAS CLOSE AT 10:00 PM				

		Gy			Mul	tipurpose Ro	oms		Adventure	Leisure Pool		Main	Pool							
OESCAL		1	2	1	2	3	4	5	Centre	Leisure Poor	20m	23m & 25m	25m	25m						
	5:30 AM																			
ً رَ	6:00 AM				ja (Outside)															
4	6:30 AM			6:00	-6:45					CLOSED	Open Swim	Family Lane Swim 5:45-8:45	Adult Lane Swim							
5 L	7:00 AM					\$ R Camp Care	\$ R Camp Care 7:00-9:00				5:45-9:00	5:45-8:45	5:45-8:45							
-	7:30 AM				mp Care	7:00-8:30		\$ R Camp Care				(25m only)	3.13 0.13							
	8:00 AM	Co 8:00-		7:00	-9:00			7:00-9:00	\$ R Aquatics											
	8:30 AM	8:00-	-8145			\$ R Aquatics			8:00-9:15	Open Swim										
	9:00 AM	Circu	:+ F:+			Certification Courses		S Cycle Fit		8:00-10:00 Lessons 10:00-10:30		Aqua Fit 9:00-9:45								
	9:30 AM	9:15-		Creative Creations 2-5 yrs	Morning Mix 6-12 yrs	8:30-10:00		9:15-10:00	Jungle Run			9:00-9:45								
-	10:00 AM			9:15-10:45	9:15-10:45	TBC Gold			2-5 yrs	Lessons 10:00-10:30 Parent & Tot										
-	10:30 AM	Yo				10:15-11:00		Strong by Zumba	9:30-11:00	10:30-11:00	Open Swim	\$ R Aquatics Certification Course		Adult Lane Swim						
-	11:00 AM	10:30-	-11:30		\$ R Camp			10:30-11:30			9:45-12:15	9:45-4:30		5:45-4:30						
	11:30 AM			\$ R Camp	11:00-12:00					\$ R Camp										
-	12:00 PM	Adult Basketball	\$ R Camp	11:00-1:00			\$ R Camp	S TRX Boot Camp		11:00-1:00	Aa	ua Fit								
L	12:30 PM	11:45-1:15	11:45-1:15			454	9:00-4:00	12:15-1:00				5-1:00	\$ R Aquatics							
L	1:00 PM		Gym Time				\$ R Aquatics Certification Courses					ė n	Camp	Certification Courses 9:45-4:30	S					
	1:30 PM	Game On			454	\$ R Aquatics Certification Courses			S Barre 1:30-2:15		Open Swim)-2:30	9.45-4.50						
	2:00 PM				2-5 yrs					\$ R Aquatics Certification Courses				1:50-2:15		1:00-4:30				
	2:30 PM	1:30-3:00		1:00-4:00				\$ R Camp												
L	3:00 PM		\$ R Camp					2:30-4:00		Camp Swim 2:30-3:00	Open Swim Certifica	\$ R Aquatics Certification Courses	es							
L	3:30 PM		3:00-4:00						Open Climb	2.30-3.00		9:45-4:30								
L	4:00 PM	Basketball							11:30-8:30											
	4:30 PM	13+ yrs 3:15-6:00	\$ R Camp Care		mp Care		mp Care	\$ R Camp Care												
	5:00 PM	3.13-0.00	4:00-6:00	4:00	-6:00	4:00	-6:00	4:00-6:00		Parent & Tot				R Aquatic						
	5:30 PM									5:15-5:45				Mentorship Program						
	6:00 PM	HIIT	Game On			Playtime		V 50				R Swim Lessons 4:30-8:00		4:30-7:15						
	6:30 PM	6:00-6:45	6-12 yrs		Zumba	2-5 yrs		Yoga Fitness 6:15-7:15				4.30-0.00								
	7:00 PM	Core	6:00-7:45	6:30	-7:15	6:15-7:15		0.15-7.15						R Youth Master						
	7:30 PM	7:00-7:45												7:15-8:00						
	8:00 PM			Adult J	iu-Jitsu					Open Swim		ua Fit								
	8:30 PM	Adult Ba	sketball	7:30	-9:30					7:15-9:30	8:00)-8:45	Adult L	ane Swim						
	9:00 PM	8:00-										n Swim	8:00-10:00							
Ī	9:30 PM									CLOSED	8:45-10:00									
	10:00 PM		ALL FACILITY AREA	S CLOSE AT 10:00 PM			ALL FACILITY AREAS	CLOSE AT 10:00 PM			ALL FAC	ILITY AREAS CLOSE AT	10:00 PM							



Peter Gilgan Family YMCA | June 30 - Sept 3, 2018

	Gy	ms		Mul	tipurpose Ro	oms		Adventure	I		Main	Pool			
	1	2	1	2	3	4	5	Centre	Leisure Pool	20m	23m & 25m	25m	25m		
5:30 AM															
6:00 AM							S Cycle Fit	Wellness Floor							
6:30 AM							6:00-6:45	Group Interval	CLOSED	Open Swim	Family Lane Swim				
7:00 AM								9:00-9:45		5:45-9:00	5:45-8:45	Adult Lane Swim 5:45-8:45			
7:30 AM			\$ R Ca	mp Care	\$ R Car	mp Care					(25m only)	3.15 0.15			
8:00 AM	R Parl	kinsons	7:00	-9:00	7:00-	9:00	Total Fusion	\$ R Aquatics							
8:30 AM	8:00	-9:00					8:00-8:45	8:00-9:15	Open Swim 8:00-10:00						
9:00 AM							Zumba Gold	old			Aqua Fit				
9:30 AM	Bars an	d Plates	Creative Creations 2-5 yrs	Morning Mix 6-12 yrs			9:00-10:00	Jungle Run			9:00-9:45	1	Adult Lane Swi		
10:00 AM	9:30-	10:30	9:15-10:45	9:15-10:45			K will lib :	2-5 yrs	Lessons 10:00-10:30 Parent & Tot 10:30-11:00						
10:30 AM	6 4 5						Kettlebell Basics 10:15-11:15	9:30-11:00		Open Swim 9:45-12:15	\$ R Aquatics Certification Course				
11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids		and Me		-	10.15 11.15				9:45-4:30		5:45-4:30		
11:30 AM	10.45 11.45	0-6 yrs 11:00-12:15	11:00	-11:45					\$ R Camp				25		
12:00 PM		11:00-12:15	\$ R Camp		\$ R Aquatics Certification Courses	\$ R Camp	S Cycle Fit		11:00-1:00	Δαι	ua Fit				
12:30 PM	\$ R Camp 12:00-1:30		12:00-1:00		9:00-4:00	9:00-4:00	12:10-12:45				5-1:00	\$ R Aquatics			
1:00 PM	12.00-1.50							\$ R Camp				Certification Courses 9:45-4:30			
1:30 PM	Game On	Gym Time] .	\$ R Aquatics Certification Courses			Yoga Fitness	11:15-3:45	Open Swim		Camp 0-2:30	2.13-4.30		
2:00 PM	6-12 yrs	2-5 yrs	\$ R Aquatics Certification Courses	12.00 1.00	S		1:30-2:30		1:00-4:30	1.00	2.30				
2:30 PM	1:30-3:00	1:30-3:00	1:00-4:00				\$ R Camp								
3:00 PM	\$ R Camp								Camp Swim	Open Swim	\$ R Aquatics Certification Courses 9:45-4:30				
3:30 PM	3:00-4:00						2:45-4:00		2:30-3:00	2:30-4:30					
4:00 PM		Basketball					M R Taekwondo -	\$ R Aquatics							
4:30 PM	\$ R Camp Care	13+ yrs 3:15-6:00	\$ R Ca	mp Care	\$ R Car	mp Care	Parent Sign In/Out	4:00-4:45							
5:00 PM	4:00-6:00	3:15-6:00	4:00	-6:00	4:00-	6:00	7-10+ yrs Beginners	Open Climb eginners 4:45-5:45	Parent & Tot				R Aquatio		
5:30 PM							& Yellow Stripe 5:30-6:00		5:15-5:45		R Swim Lessons	P Curim Lossons			
6:00 PM	Zumba	Game On					Yellow & Orange	Jungle Run			4:30-8:00		4:30-7:15		
6:30 PM	6:15-7:15	6-12 yrs				Iness Floor:	Belts 6:00-6:45	2-5 yrs 6:00-7:15			1.50 0.00				
7:00 PM	0.13 7113	6:10-7:15			Ş F	Team Beats MMA	Green & Blue Stripe 6:45-7:30	0.00-7.13							
7:30 PM						5:30-7:30	Blue & Red	Open Climb							
8:00 PM	Adult Da	dminton					7:30-8:15	7:30-8:30	Open Swim		R Adult Inter.				
8:30 PM	7:30-						Adult & Black Belts 8:15-9:00		7:15-9:30	Open Swim	8:00-8:30		ane Swim		
9:00 PM	7.50						6.13-9.00			8:00-10:00	Open Swim	8:00	8:00-10:00		
9:30 PM									CLOSED	8:30-10:00					
10:00 PM		ALL FACILITY AREAS	S CLOSE AT 10:00 PM			ALL FACILITY AREA	S CLOSE AT 10:00 PM			ALL FAC	ILITY AREAS CLOSE AT	10:00 PM			

	Gy	ms		Mul	tipurpose Ro	oms		Adventure	Leisure Pool		Main	Pool				
	1	2	1	2	3	4	5	Centre	Leisure Poor	20m	23m & 25m	25m	25m			
5:30 AM																
6:00 AM																
6:30 AM									CLOSED		Family Lane Swim					
7:00 AM										Open Swim	5:45-8:45	Adult Lane Swim 5:45-8:45				
7:30 AM			\$ R Ca	mp Care	\$ R Ca	mp Care				5:45-9:00	(25m only)	5.15 0.15				
8:00 AM	Co		7:00	-9:00	7:00	-9:00		\$ R Aquatics								
8:30 AM	8:00	-8:45						8:00-9:15	Open Swim							
9:00 AM							S Cycle Fit		8:00-10:00		Aqua Fit					
9:30 AM	HIIT (High Intensit 9:15-		Creative Creations	Morning Mix	-12 yrs 5-10:45 R Camp 00-12:00 \$ R Aquatics		9:15-10:00	Jungle Run			9:00-9:45	I				
10:00 AM	9.13*	10.15	2-5 yrs 9:15-10:45	9:15-10:45				2-5 yrs	Lessons 10:00-10:30 Parent & Tot 10:30-11:00							
10:30 AM	Yoga I	itness	3.15 10.45	3.13 10.13			Strong by Zumba	9:30-11:00		Open Swim	\$ R Aquatics		Adult Lane Swi			
11:00 AM		-11:30		\$ R Camp			10:30-11:30		10.50-11.00	9:45-12:15	Certification Courses 9:45-4:30		5:45-4:30			
11:30 AM			\$ R Camp	11:00-12:00					\$ R Camp		7.45-4.30					
12:00 PM	Adult Basketball	\$ R Camp	11:00-1:00			\$ R Camp	S TRX Boot Camp		11:00-1:00		-					
12:30 PM	11:45-1:15	11:45-1:15			Certification Courses 9:00-4:00	9:00-4:00	12:00-12:45				ua Fit 5-1:00	\$ R Aquatics				
1:00 PM								* 0.0				Certification Courses				
1:30 PM	Game On	Cum Time		\$ R Aquatics			\$ R Camp	\$ R Camp 11:15-4:00			Camp	9:45-4:30				
2:00 PM		6-12 yrs 2-5 yrs	Gym Time		6-12 yrs 2-5 yrs	6-12 yrs 2-5 yrs	\$ R Aquatics	Certification Courses 12:00-4:00			1:00-4:00	11.15-4.00	Open Swim 1:00-4:30	1:00-2:30		
2:30 PM	1:30-3:00		Certification Courses	es 12.00-4.00					1:00-4:50							
3:00 PM	\$ R Camp		1:00-4:00				\$ R Camp Care	2	Camp Swim	Open Swim	\$ R Aquatics					
3:30 PM	3:00-4:00						4:00-4:30		2:30-3:00	2:30-4:30		5				
4:00 PM							-				9:45-4:30					
4:30 PM	\$ R Camp Care	Basketball	\$ R Ca	mp Care	\$ R Ca	mp Care		1								
5:00 PM	4:00-6:00	13+ yrs 3:15-6:45		-6:00	4:00		S Barre		D .0.T.							
5:30 PM		3.13-0.43					5:00-6:00		Parent & Tot 5:15-5:45				R Aquation Mentorship Pro			
6:00 PM					DI T			Open Climb	3.13 3.43		R Swim Lessons		4:30-7:15			
6:30 PM			6-1:	ne On 2 yrs	Play Time 2-5 yrs		Power Yoga	4:15-8:30			4:30-8:00					
7:00 PM	Strong b	v 7umha	6:15	- 7 :15	6:15-7:15		6:15-7:15									
7:30 PM		-8:00				Room Booking:	S Cycle Fit	1					R Youth Mas 7:15-8:00			
8:00 PM				M R Adult Jiu-Jitsu		Young Leaders	7:30-8:30		Open Swim	Aqı	ua Fit		7.15-0.00			
8:30 PM				7:30-9:30		Initiative 7:00-9:30			7:15-9:30	8:00)-8:45	Adult L	ane Swim			
9:00 PM	Adult Basketball				7.00-7.30				0per	n Swim		-10:00				
9:30 PM	0.13-10.00								CLOSED	8:45-10:00		0.00-10.00				
10:00 PM		ALL FACILITY AREA	S CLOSE AT 10:00 PM			ALL ENCILITY ADEA	S CLOSE AT 10:00 PM	-	ALL FACILITY AREAS CLOSE AT 10:00 PM							



Peter Gilgan Family YMCA | June 30 - Sept 3, 2018

		Gy	ms		Mu	ltipurpose Ro	oms		Adventure	Leisure Pool		Main	Pool				
: L		1	2	1	2	3	4	5	Centre	Leisure Poor	20m	23m & 25m	25m	25m			
	5:30 AM																
	6:00 AM							S Cycle Fit									
	6:30 AM							6:00-6:45		CLOSED		Family Lane Swim					
	7:00 AM]	Open Swim	5:45-8:45	Adult Lane Swim 5:45-8:45				
	7:30 AM		\$ R Camp Care	\$ R Ca	ımp Care	\$ R Ca	mp Care				5:45-9:00	(25m only)	5.45-6.45				
	8:00 AM	R Parkinsons	7:00-9:00	7:00)-9:00	7:00	7:00-9:00		\$ R Aquatics								
	8:30 AM	8:00-9:00						8:00-9:00	8:00-9:15	Open Swim							
	9:00 AM					-		Kettlebell WOW		8:00-9:45	Aqua Fit						
	9:30 AM	Cross T	raining	Creative Creations	Morning Mix	\$ R Aquatics Certification Courses		9:15-10:00		\$ R Camp		9:00-9:45					
	10:00 AM	9:30-	10:30	2-5 yrs 9:15-10:45	6-12 yrs 9:15-10:45	9:00-11:00		S TRX	Jungle Run								
	10:30 AM				7110 11110			10:15-11:00	2-5 yrs 9:30-11:00				rtification Courses	Adult Lane Sw			
	11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids		Camp			S Barre	7.50 11.00	9:45-12:00	Open Swim	9:45	-1:00	5:45-4:30			
	11:30 AM	10.45-11.45	0-6 yrs	11:00)-11:45	-		11:00-12:00			9:45-1:00						
	12:00 PM		11:00-12:15				\$ R Camp	S Cycle Fit]	\$ R Camp					
	12:30 PM	\$ R Camp 12:00-1:30					9:00-4:00	12:10-12:45				12:00-1:00					
	1:00 PM	12:00-1:50			\$ R Camp	\$ R Camp				Open Swim				-			
	1:30 PM	Game On	Gym Time	Gym Time	Gym Time	Gym Time	\$ R Aquatics Cer	rtification Courses	11:00-4:00				12:00-4:30				
	2:00 PM	6-12 yrs	2-5 yrs	12:00	0-4:00			\$ R Camp	Open Climb				_				
	2:30 PM	1:30-3:00	1:30-3:00				1:00-4:00	1:00-4:00	11:30-5:45	Camp Swim	\$ R Aquatics Certification Exam 1:00-4:30						
	3:00 PM	\$ R Camp								2:30-3:00		1.00-4.50	1:00-4:30				
	3:30 PM	3:00-4:00															
	4:00 PM		Basketball					M R Taekwondo -									
	4:30 PM	\$ R Camp Care	13+ yrs	\$ R Ca	ımp Care	\$ R Ca	mp Care	Parent Sign In/Out						R Aquatic			
	5:00 PM	4:00-6:00	3:15-6:00	4:00	0-6:00	4:00	-6:00	7 yrs Beginners		Parent & Tot	1			Mentorship Prog			
	5:30 PM							& Yellow Stripe 5:00-5:30		5:15-5:45		D.Codon Lancon		4:30-7:15			
	6:00 PM	7 1	Game On					Yellow to Orange	Jungle Run			R Swim Lessons 4:30-8:00		R Aquatic Lead			
	6:30 PM	Zumba 6:15-7:15	6-12 yrs 6:10-7:15					5:30-6:15	2-5 yrs 6:00-7:15			1.50 0.00		5:15-6:15			
	7:00 PM	0.13 7.13	0.10-7.13					Green & Blue Stripe 6:15-7:15	0.00-7.13		1						
	7:30 PM							Blue to Red	Open Climb								
	8:00 PM		Basketball 13+ yrs					7:15-8:15	7:30-8:30	Open Swim	Open & Family Swim	Family Lane Swim					
	8:30 PM		7:30-9:30					Adult & Black Belts		7:15-9:30	8:00-10:00	8:00-9:45	Adult La	ane Swim			
	9:00 PM							8:15-9:15				(25m only)	8:00-	-10:00			
	9:30 PM									CLOSED	(20m & 23m)						
	10:00 PM		ALL FACILITY AREAS	S CLOSE AT 10:00 PM			ALL FACILITY AREA	S CLOSE AT 10:00 PM			ALL FAC	ILITY AREAS CLOSE AT	10:00 PM				

The YMCA of Oakville reserves the right to change the schedule as required. Changes to the schedule are posted at ymcaofoakville.org.

Legend	Child/Family/Teen Programs
	Adult Health & Fitness Programs
	Camp/Community Programs
	Open Programs/Room Bookings

- **S** Limited space, sign up for the program 30 minutes prior to start
- **R** Program requires registration, please see Membership Services
- M Program is available for members only
- **\$** Fee may apply

Children under the age of 13 must be supervised by an adult (16+ yrs) or participate in a supervised program. Program areas close 15 minutes prior to building close. Program spaces are not available 15 minutes prior to adult classes and 45 minutes before some children's classes to allow for program set up.

Additional Activities/Services

Family Track Time

Sunday to Saturday, 2:00 - 6:00 pm

Parent & Child/Youth Training (10+ yrs)

Sunday to Saturday, 2:00 - 6:00 pm

Youth Room (10+ yrs)

Monday to Friday, 4:30 - 8:30 pm

	Child Mind	ding Hours	
Day	8:30-12:00	1:00-3:00	6:00-8:00
Monday	✓	✓	✓
Tuesday	✓	✓	✓
Wednesday	✓	✓	✓
Thursday	✓	✓	✓
Friday	✓	✓	
Saturday	✓		
Sunday	✓ *9:00-12:00		
Holidays	✓ *9:00-12:00		

Child minding is included in all children's memberships. Parent/guardian must remain on site while child is in care.



Monday to Friday

5:30 am - 10:00 pm

Saturday & Sunday

7:00 am - 7:00 pm

Hours of Operation

Holidays

July 1 - Canada Day

9:00 am - 5:00 pm



Important Dates

September 4-16: Annual Pool Maintenance (POOL CLOSED)

September 4-23: Women's General Change Room Renovation



Peter Gilgan Family YMCA | June 30 - Sept 3, 2018

	Gy	ms		Mu	Itipurpose Ro	oms		Adventure	Leisure Pool	Main Pool							
	1	2	1	2	3	4	5	Centre	Leisure Pooi	20m	23m & 25m	25m	25m				
7:00 AM										Open Swim	Family Lane Swim						
7:30 AM									Open Swim			7:00-8:00 7:00-8:00 (25m)				Adult La	ne Swim
8:00 AM									7:00-9:00		ıa Fit	7:00-	0-9:00				
8:30 AM	Strong b	y Zumba					S Cycle Fit			8:00)-8:45						
9:00 AM	8:30-	9:30					8:30-9:30		Parent & Tot								
9:30 AM									9:00-9:30								
10:00 AM	Family Drum Fit 10:00-10:45	Family Gym Kids			Play Time			Kids Only Climb	9:45-10:15		R Swim Lessons		R Aqu				
10:30 AM	10:00-10:45	0-6 yrs			2-5 yrs			6-12 yrs 10:00-11:15	10:30-11:00	9:00-12:30			Mentor				
11:00 AM	Boot Camp (Outside)	10:00-11:30			10:00-11:30			10:00-11:15			7.00 12.50		Progra				
11:30 AM	11:00-12:00												9:45-12				
12:00 PM		Available for															
12:30 PM		Birthday Parties															
1:00 PM		12:00-3:00						Open Climb									
1:30 PM		For more					Community Programs	11:30-3:15									
2:00 PM		information, please				Birthday Parties					\$ R Private Swim						
2:30 PM		see below			12:00)-5:30					Lessons						
3:00 PM	F 11 D	1			For more information	on, please see below	12:00-5:30		Open Swim	0 6 :	12:30-5:00	Adult La					
3:30 PM	Family Ba 3:15-							Birthday Parties	12:30-6:30	Open Swim 12:30-7:00			ne swim)-7:00				
4:00 PM	3.13	5						3:30-4:45		12.50 7.00		12.50	1-7.00				
4:30 PM																	
5:00 PM	A distant	.Ub.a.U															
5:30 PM		Adult Volleyball 4:30-7:00									Open Swim						
6:00 PM	4.50										5:00-7:00						
6:30 PM								CLOSED									
7:00 PM		ALL FACILITY AREAS	CLOSE AT 7:00 PM			ALL FACILITY AREAS	S CLOSE AT 7:00 PM			ALL FA	CILITY AREAS CLOSE AT 7	7:00 PM					

		Gy	ms		Mul	tipurpose Ro	ooms		Adventure	Leisure Pool	Main Pool				
¥∣		1	2	1	2	3	4	5	Centre	Leisure Poor	20m	23m & 25m	25m	25m	
⋖	7:00 AM														
N	7:30 AM											Family Lane Swim 7:00-9:00			
Z	8:00 AM											(25m only)			
	8:30 AM											(205),			
S	9:00 AM	Yoga F						S Cycle Fit	Kids Only Climb						
	9:30 AM	9:00-	-9:45					9:00-10:00	6-12 yrs						
	10:00 AM	HIIT (High Intensit	y Interval Training)						9:00-10:45						
	10:30 AM	10:00	-10:45					S Barre 10:15-11:15							
ı	11:00 AM	Family Badminton 11:00-1:00						S TRX				\$ R Private Swim Lessons 9:00-2:00			
	11:30 AM							11:15-12:00	Open Climb						
Ì	12:00 PM								11:00-1:00			5.00 2.00			
	12:30 PM									Open Swim 7:00-6:30	Open Swim		Adult La	ne Swim	
	1:00 PM						Available for Birthday Parties			- 7.00-0.50	7:00-7:00		7:00-	7:00	
	1:30 PM		Available for						Birthday Parties						
	2:00 PM		Birthday Parties 1:00-4:45	Available for R	irthday Parties				1:15-3:00						
	2:30 PM		1.00-4.43	1:00-			1:00-5:00								
	3:00 PM		For more				For more								
	3:30 PM		information, please	For more information	on, please see below		information, please					Family Lane Swim			
	4:00 PM		see below				see below					2:00-7:00			
	4:30 PM														
	5:00 PM									1		(25m only)			
	5:30 PM	Adult Ba	sketball							1					
Ī	6:00 PM	5:00-	-7:00												
Ī	6:30 PM									CLOSED					
	7:00 PM		ALL FACILITY AREAS	S CLOSE AT 7:00 PM		*	ALL FACILITY AREAS	CLOSE AT 7:00 PM			ALL FA	CILITY AREAS CLOSE AT	7:00 PM		

Celebrate with us!

The YMCA of Oakville offers birthday parties for all ages! Choose from a gym, swim, or climb party package. Each package includes set up and clean up from a friendly YMCA party host and use of a multipurpose room.

Email birthdayparty@oakville.ymca.ca to book yours today!

YMCA of Oakville Peter Gilgan Family YMCA

410 Rebecca Street, Oakville, ON L6K 1K7 905-845-3417 | www.ymcaofoakville.org Email: customerservice@oakville.ymca.ca

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