



# Program Schedule

January 8 - June 29, 2018

YMCA of Oakville  
Peter Gilgan Family YMCA

MONDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Ⓡ Parkinson's 8:00-9:00									
8:30 AM										
9:00 AM			Ⓢ Creative Hands and Feet 2-5 yrs 9:15-10:45	Ⓢ ABC Ready I'll Be 2-5 yrs 9:45-11:15	Wiggles and Giggles 9:00-11:00		Ⓢ Cycle Fit 8:00-9:00		Ⓡ Healthy Hearts 8:30-9:30	Ⓡ TeamBeats 9:00-9:45
9:30 AM	Zumba 9:30-10:30						Tabata Matwork 9:30-10:15	Ⓢ Jungle Run 2-5 yrs 9:30-11:00		
10:00 AM	Gentle Fit 10:45-11:45						Ⓢ TRX Express 10:15-11:00		Ⓡ Healthy Hearts 10:30-11:30	
10:30 AM							Ⓡ Babies and me Postnatal 11-11:45am			
11:00 AM										
11:30 AM										
12:00 PM	Ⓡ BoxFit 12:00-12:45									
12:30 PM										
1:00 PM										
1:30 PM	Home-School Game On 6-12 yrs 1:30-3:00									
2:00 PM										
2:30 PM										
3:00 PM										Parent & Youth Training 10+ yrs Wellness Centre 2:00-6:00
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										Ⓡ Intro to Resistance 10-12 yrs 5:00-5:45
5:30 PM										
6:00 PM										
6:30 PM	Zumba 6:15-7:15									Open Youth Room 10+ yrs 4:30-8:30
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Adult Volleyball 7:30-10:00									Ⓡ TeamBeats 6:30-7:15
9:00 PM										
9:30 PM										
10:00 PM										

All facility areas close at 10:00 pm

TUESDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Core 8:00-8:45									
8:30 AM										
9:00 AM	Circuit Fit 9:15-10:15									Ⓡ TeamBeats 9:00-9:45
9:30 AM			Ⓢ PlayTime 2-5 yrs 9:15-10:45					Ⓢ Cycle Fit 9:15-10:00		
10:00 AM	Yoga Fitness 10:30-11:30							Ⓢ Jungle Run 2-5 yrs 9:30-11:00		
10:30 AM								TBC Cold (Total Body Conditioning) 10:15-11:00		Babies & Me Track Walk 10:00-12:00
11:00 AM	Adult Basketball 11:30-1:00							Strong by Zumba 11:15-12:00		
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM	Home-School Game On 6-12 yrs 1:30-3:00									
2:00 PM			Ⓢ Games 'n Mazes 2-5 yrs 1:30-3:00					Home-School Game On 6-12 yrs 1:30-3:00		
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Basketball 13+ yrs 3:30-6:15									Parent & Youth Training 10+ yrs Wellness Centre 2:00-6:00
5:00 PM										
5:30 PM										
6:00 PM										
6:30 PM	HIIT 6:00-6:45									
7:00 PM	Core 7:00-7:45									
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM	Adult Basketball 8:45-10:00									
9:30 PM										
10:00 PM										

All facility areas close at 10:00 pm



# Hours of Operation

Monday to Friday 5:30 am – 10:00 pm  
 Saturday 7:00 am – 7:00 pm  
 Sunday 7:00 am – 7:00 pm

**YMCA of Oakville**  
 Peter Gilgan Family YMCA

## WEDNESDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Ⓡ Parkinson's 8:00-9:00									
8:30 AM										
9:00 AM										
9:30 AM	Bars & Plates 9:30-10:30									
10:00 AM										
10:30 AM										
11:00 AM	Gentle Fit 10:45-11:45									
11:30 AM		Family Gym Kids 11:00-12:15								
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM	Home-School Game On 6-12 yrs 1:30-3:00									
2:00 PM		Ⓢ Gym Time 2-5 yrs 1:30-3:00								
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM		Basketball 13+ yrs 3:30-5:45								
5:00 PM										
5:30 PM			Ⓜ Ⓡ Taekwondo - Parent Sign-In/Out Required							
6:00 PM										
6:30 PM	Zumba 6:15-7:15									
7:00 PM		Game On 6-12 yrs 6:10-7:15								
7:30 PM										
8:00 PM	Adult Badminton 7:30-10:00									
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

All facility areas close at 10:00 pm

## THURSDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Core 8:00-8:45									
8:30 AM										
9:00 AM	HIIT (High-Intensity Interval Training) 9:15-10:15									
9:30 AM										
10:00 AM										
10:30 AM	Yoga Fitness 10:30-11:30									
11:00 AM										
11:30 AM	Adult Basketball 11:30-1:00									
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM	Home-School Game On 6-12 yrs 1:30-3:00									
2:00 PM		Ⓢ Games' n Mazes 3-5 yrs 1:30-3:00								
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM		Basketball 13+ yrs 3:30-5:15								
4:30 PM										
5:00 PM										
5:30 PM	Ⓡ Youth Leaders 10-17 yrs 5:30-7:00									
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM	Strong by Zumba 7:30-8:30									
8:00 PM										
8:30 PM	Adult Basketball 8:45-10:00									
9:00 PM										
9:30 PM										
10:00 PM										

All facility areas close at 10:00 pm



# Holiday Hours

9:00 a.m. – 5:00 p.m.

OPEN: Family Day February 20, Good Friday April 14, Victoria Day May 22  
CLOSED: Easter Sunday April 16

## YMCA of Oakville

Peter Gilgan Family YMCA

### FRIDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs	
	1	2	1	2	3	4	5				
5:30 AM											
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM	Cross Training 9:30-10:30		Ⓢ Creative Hands and Feet 2-5 yrs 9:15-10:45		Wiggles & Giggles 9:00-11:00			Ⓢ Jungle Run 2-5 yrs 9:30-11:00		Ⓡ TeamBeats 9:00-9:45	
10:00 AM								Ⓢ TRX Express 10:15-11:00			
10:30 AM	Gentle Fit 10:45-11:45	Family Gym Kids 11:00-12:15	Ⓢ Barre 11:00-12:00					Ⓡ \$ Babies & Me - TRX (6 wks) 11:00-11:45			
11:00 AM								Ⓢ Cycle Fit 12:10-12:45			
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM	Pickle Ball 12:00-3:00	Ⓡ Gym Time 2-5 yrs 1:30-3:00								Parent & Youth Training 10+ yrs Wellness Centre 2:00-6:00	
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM	Family Badminton 3:30-5:30	Basketball 13+ yrs 3:30-5:45						Open Climb 4:15-4:45	Family Track Time 2:00-6:00		
4:30 PM											
5:00 PM			Ⓜ Ⓡ Taekwondo - Parent Sign-In/Out Required						Ⓡ Climbing Lessons 6-8 yrs 5:00-5:45		
5:30 PM											
6:00 PM			White Belt Beginners 6-7 yrs 5:00-5:40		Yellow Stripe, Yellow Belt 7 yrs 5:00-5:40		Ⓢ Fun TKD (drop-in) 4-5 yrs 5:00-5:30	Ⓢ Jungle Run 2-5 yrs 6:00-7:15			
6:30 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15	Yellow & Orange Stripe 7-9 yrs 5:45-6:40		Yellow & Orange Stripe 10+ yrs 5:45-6:40		Orange & Green Stripe 5:45-6:40			Youth Room 10+ yrs 4:30-9:30	
7:00 PM			Green & Blue Stripe 6:45-7:55		Blue & Red Stripe 6:45-7:55		Red & Black Stripe 6:45-7:55				
7:30 PM			Black Belt 13 yrs & under 8:00-9:30		Black Belt 14+ yrs 8:00-9:30		Rep Team 8:00-9:30	Youth & Teen Climb 10+ yrs 7:15-9:30			
8:00 PM	Youth Sports 10+ yrs 7:30-9:30	Teen Basketball 13+ yrs 7:30-9:30									
8:30 PM											
9:00 PM											
9:30 PM											
10:00 PM											

All facility areas close at 10:00 pm

### SATURDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
7:00 AM										
7:30 AM										
8:00 AM	Strong by Zumba 8:00-9:00									
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM	Ⓜ Family Boot Camp 7+ yrs 10:00-10:45	Family Gym Kids 10:00-11:30			Play Time 3-5 yrs 10:00-11:30			Kids Only Climb 6+ yrs 10:00-11:15		
10:30 AM			Ⓜ Ⓡ Jiu-jitsu 9:00-3:30							
11:00 AM										
11:30 AM	Ⓡ \$ Jr NBA Basketball 11:15-12:15		Beginners & Colour Belts 6-8 yrs 9:00-10:00							
12:00 PM			Beginners & Colour Belts 6-8 yrs 10:00-11:00							
12:30 PM		Room Bookings/Birthday Parties 12:00-2:00 call 905-845-5597 ext.433 for details	Beginners & Colour Belts 9-12 yrs 11:00-12:30							Teen Conditioning 13-16 yrs Wellness Centre 12:00-2:00
1:00 PM	Ⓡ \$ Steve Nash Youth Basketball 12:30-2:45		Beginners & Colour Belts 13-16 yrs 12:30-2:00					Open Climb 11:30-3:30		
1:30 PM			Open class & testing 13+ yrs 2:00-3:30		Room Bookings/ Birthday Parties 12:00-5:00 call 905-845-5597 ext. 433					
2:00 PM								Community Programs 12:00-5:30		
2:30 PM										
3:00 PM										
3:30 PM	Family Badminton 3:15-4:15								Family Track 2:00-6:00	Parent & Youth Training 10+ yrs Wellness Centre 2:00-6:00
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM	Adult Volleyball 4:30-7:00									
6:00 PM										
6:30 PM										
7:00 PM										

All facility areas close at 7:00 pm

#### Legend

Adult 16+ years  
 Teen 13+ years  
 Youth 9-13 years  
 Child 6-9 years  
 Preschool 2-5 years  
 Family: Child must be accompanied by parent or guardian

Children under the age of 13 must be supervised by an adult (16+ years) or participate in a supervised program.

- Adult/unsupervised programs
- Child/supervised programs
- Open program
- Community program/birthday party
- Closed

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.

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



# Program Schedule

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Peter Gilgan Family YMCA

SUNDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	Yoga Fitness 9:00-9:45				Ⓡ Adult Taekwondo 8:30-10:00		Ⓢ Cycle Fit 9:00-10:00			
9:30 AM										
10:00 AM	Ⓡ Box Fit (6 wks) 10:00-10:45						Family Zumba 7+ yrs 10:15-11:00	Kids only Climb 6-12 yrs 9:45-11:00		
10:30 AM					Ⓜ Ⓡ Taekwondo Rep team 10:00-12:00		Ⓢ TRX Express 11:15-12:00			
11:00 AM								Birthday Parties 11:00-12:15		
11:30 AM	Ⓢ Soccer 3 yrs 11:30-12:15									
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM								Open Climb 12:30-2:00		
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM	Adult Basketball 5:00-7:00									
6:00 PM										
6:30 PM										
7:00 PM										

All facility areas close at 7:00 pm

## Child Minding

**Child minding is included in all children's memberships.**

Parent/guardian must remain onsite while children are in care.

Monday to Thursday: 8:30 am-12 pm, 1-3 pm, 6-8 pm

Friday: 8:30 am-12 pm, 1-3 pm

Saturday: 8:30 am-12 pm

Sunday: 9 am- 12 pm

Holidays: 9 am-12 pm



## Members & Guests

Membership cards must be swiped with each visit, worn and visible at all times while within the Peter Gilgan Family YMCA.

As a YMCA member, I will help make the YMCA experience better for all by being considerate of others. I accept the responsibility to treat all people with YMCA values: inclusiveness, health, responsibility, respect, caring and honesty.

Guests: Photo I.D is required for all YMCA guests and day pass users.

## Change Room Policy

Family Change Room stalls are for everyone's use. Please do not hold or reserve stall or washrooms when they are not in use.

Members with opposite gender children 0-4 years old are permitted into the general change rooms. Members with opposite gender children 5 years old and older must use the family change room.

## Connect with us!

Connect with us online, share and join the conversation.



facebook.com/YMCAOakville



@YMCAOakville



@YMCAofOakville

The YMCA of Oakville reserves the right to change the schedule as required. Changes to the schedule are posted at [www.ymcaofOakville.org](http://www.ymcaofOakville.org).

## Wellness Centre

### New equipment, screen apps and mywellness cloud!

This summer more than half of our equipment was replaced with the latest in gym technology tying your workouts to the new cloud-based mywellness app. Login and swipe to enjoy virtual training, access your favourite content, apps and enhanced entertainment through the internet. We've also added Omnia, a centre for functional and high-intensity training, Kinesis stations, Stepmills and other new equipment. Visit our website for more details.

### Parent & Youth 10-12 years

Introduce your pre-teen to the Wellness Centre gym and track as you train together daily Monday to Sunday from 2:00-6:00 p.m. Note: Parent or guardian must supervise youth at all times.

### Teens 13-16 years

Teens can use the Wellness Centre gym and indoor track on their own after completing the Teen Conditioning Course. This two-hour course helps them get started and includes safe weight training and exercise practices, proper stretching techniques, nutrition, and gym etiquette. Teen Conditioning is offered Saturdays from 12:00-2:00 p.m. Register at the Membership Services Desk.

## Financial Assistance

As a charitable organization, we are committed to ensuring that every individual in our community has access to the essentials needed to grow, learn and reach their full potential. We offer financial assistance to those in need. Please contact the Membership Services Desk for more information. All inquiries will be kept confidential.



The YMCA of Oakville provides hope and health to those in need in our community. By donating to our YMCA Strong Kids campaign, you can help make sure that everyone has the opportunity to benefit from a YMCA experience.

To learn more about how YMCA experiences are changing lives, visit [ymcaofOakville.org](http://ymcaofOakville.org).

YMCA of Oakville

Peter Gilgan Family YMCA

410 Rebecca Street, Oakville, ON L6K 1K7

tel: 905-845-3417

info@oakville.ymca.ca [www.ymcaofOakville.org](http://www.ymcaofOakville.org)