



Summer Schedule

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

MONDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM			ALL FACILITY AREAS CLOSE AT 10:00 PM				

TUESDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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WEDNESDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
6:00 AM							\$ Cycle Fit 6:00-6:45	Wellness Floor: Group Interval 9:00-9:45	CLOSED	Open Swim 5:45-9:00	Family Lane Swim 5:45-8:45 (25m only)	Adult Lane Swim 5:45-8:45	
6:30 AM													
7:00 AM			\$ R Camp Care 7:00-9:00		\$ R Camp Care 7:00-9:00								
7:30 AM													
8:00 AM	R Parkinsons 8:00-9:00						Total Fusion 8:00-8:45	\$ R Aquatics 8:00-9:15	Open Swim 8:00-10:00	Aqua Fit 9:00-9:45			
8:30 AM													
9:00 AM													
9:30 AM	Bars and Plates 9:30-10:30		Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45			Zumba Gold 9:00-10:00	Jungle Run 2-5 yrs 9:30-11:00	Lessons 10:00-10:30 Parent & Tot 10:30-11:00	Open Swim 9:45-12:15	\$ R Aquatics Certification Courses 9:45-4:30	Adult Lane Swim 5:45-4:30	
10:00 AM													
10:30 AM	Gentle Fit 10:45-11:45	Family Gym Kids 0-6 yrs 11:00-12:15	Babies and Me 11:00-11:45				Kettlebell Basics 10:15-11:15						
11:00 AM								\$ R Camp 11:15-3:45	Open Swim 1:00-4:30	Aqua Fit 12:15-1:00		\$ R Aquatics Certification Courses 9:45-4:30	
11:30 AM													
12:00 PM	\$ R Camp 12:00-1:30		\$ R Camp 12:00-1:00		\$ R Aquatics Certification Courses 9:00-4:00	\$ R Camp 9:00-4:00	\$ Cycle Fit 12:10-12:45						
1:00 PM								\$ R Camp 11:15-3:45	Open Swim 1:00-4:30	\$ R Camp 1:00-2:30		\$ R Aquatics Certification Courses 9:45-4:30	
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00	\$ R Aquatics Certification Courses 1:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00									
2:00 PM							Yoga Fitness 1:30-2:30						
2:30 PM								\$ R Camp 2:45-4:00	Camp Swim 2:30-3:00	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30	
3:00 PM	\$ R Camp 3:00-4:00												
3:30 PM								\$ R Aquatics 4:00-4:45	Parent & Tot 5:15-5:45	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30	
4:00 PM													
4:30 PM	\$ R Camp Care 4:00-6:00	Basketball 13+ yrs 3:15-6:00	\$ R Camp Care 4:00-6:00		\$ R Camp Care 4:00-6:00		M R Taekwondo - Parent Sign In/Out 7-10+ yrs Beginners & Yellow Stripe 5:30-6:00					R Aquatic Mentorship Program 4:30-7:15	
5:00 PM							Yellow & Orange Belts 6:00-6:45	\$ R Aquatics 4:00-4:45	Open Swim 7:15-9:30	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30		\$ R Aquatics Certification Courses 9:45-4:30
5:30 PM							Green & Blue Stripe 6:45-7:30						
6:00 PM							Blue & Red 7:30-8:15	Open Climb 7:30-8:30	Open Swim 7:15-9:30	Open Swim 8:00-10:00	R Adult Inter. 8:00-8:30	Adult Lane Swim 8:00-10:00	
6:30 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15					Adult & Black Belts 8:15-9:00						
7:00 PM													
7:30 PM	Adult Badminton 7:30-10:00												
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10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM		

THURSDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
6:00 AM									CLOSED	Open Swim 5:45-9:00	Family Lane Swim 5:45-8:45 (25m only)	Adult Lane Swim 5:45-8:45	
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM	Core 8:00-8:45		\$ R Camp Care 7:00-9:00		\$ R Camp Care 7:00-9:00			\$ R Aquatics 8:00-9:15	Open Swim 8:00-10:00	Open Swim 5:45-9:00	Family Lane Swim 5:45-8:45 (25m only)	Adult Lane Swim 5:45-8:45	
8:30 AM													
9:00 AM													
9:30 AM	HIIT (High Intensity Interval Training) 9:15-10:15		Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45				\$ Cycle Fit 9:15-10:00	Jungle Run 2-5 yrs 9:30-11:00	Lessons 10:00-10:30 Parent & Tot 10:30-11:00	Open Swim 9:45-12:15	\$ R Aquatics Certification Courses 9:45-4:30	Adult Lane Swim 5:45-4:30
10:00 AM													
10:30 AM	Yoga Fitness 10:30-11:30							Strong by Zumba 10:30-11:30	\$ R Camp 11:15-4:00	\$ R Camp 11:00-1:00	Open Swim 9:45-12:15	\$ R Aquatics Certification Courses 9:45-4:30	Adult Lane Swim 5:45-4:30
11:00 AM													
11:30 AM									\$ R Camp 11:15-4:00	Open Swim 1:00-4:30	Aqua Fit 12:15-1:00		\$ R Aquatics Certification Courses 9:45-4:30
12:00 PM	Adult Basketball 11:45-1:15	\$ R Camp 11:45-1:15	\$ R Camp 11:00-1:00	\$ R Camp 11:00-12:00	\$ R Aquatics Certification Courses 9:00-4:00	\$ R Camp 9:00-4:00	STRX Boot Camp 12:00-12:45						
12:30 PM									\$ R Camp 11:15-4:00	Open Swim 1:00-4:30	\$ R Camp 1:00-2:30		\$ R Aquatics Certification Courses 9:45-4:30
1:00 PM													
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00	\$ R Aquatics Certification Courses 1:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00					\$ R Camp 11:15-4:00	Open Swim 1:00-4:30	\$ R Camp 1:00-2:30		\$ R Aquatics Certification Courses 9:45-4:30
2:00 PM													
2:30 PM									\$ R Camp 11:15-4:00	Camp Swim 2:30-3:00	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30
3:00 PM	\$ R Camp 3:00-4:00												
3:30 PM									\$ R Camp 11:15-4:00	Open Swim 2:30-3:00	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30
4:00 PM													
4:30 PM	\$ R Camp Care 4:00-6:00	Basketball 13+ yrs 3:15-6:45	\$ R Camp Care 4:00-6:00		\$ R Camp Care 4:00-6:00				Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30
5:00 PM													
5:30 PM									Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	Open Swim 2:30-4:30	\$ R Aquatics Certification Courses 9:45-4:30	\$ R Aquatics Certification Courses 9:45-4:30
6:00 PM													
6:30 PM									Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00		R Aquatic Mentorship Program 4:30-7:15
7:00 PM													
7:30 PM	Strong by Zumba 7:00-8:00								Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	Open Swim 7:15-9:30	Aqua Fit 8:00-8:45	R Youth Master 7:15-8:00
8:00 PM													
8:30 PM									Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	Open Swim 7:15-9:30	Aqua Fit 8:00-8:45	Adult Lane Swim 8:00-10:00
8:30 PM													
9:00 PM									Open Climb 4:15-8:30	Parent & Tot 5:15-5:45	Open Swim 7:15-9:30	Aqua Fit 8:00-8:45	Adult Lane Swim 8:00-10:00
9:30 PM													
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10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM		

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	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m	
5:30 AM									CLOSED	Open Swim 5:45-9:00	Family Lane Swim 5:45-8:45 (25m only)	Adult Lane Swim 5:45-8:45	Adult Lane Swim 5:45-4:30	
6:00 AM								\$ Cycle Fit 6:00-6:45						
6:30 AM														
7:00 AM		\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00		\$ R Camp Care 7:00-9:00									
7:30 AM														
8:00 AM	\$ R Parkinsons 8:00-9:00							\$ Cycle Fit 8:00-9:00	\$ R Aquatics 8:00-9:15	Open Swim 8:00-9:45				
8:30 AM														
9:00 AM											Aqua Fit 9:00-9:45			
9:30 AM	Cross Training 9:30-10:30		Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45	\$ R Aquatics Certification Courses 9:00-11:00			Kettlebell WOW 9:15-10:00						
10:00 AM								STRX 10:15-11:00	Jungle Run 2-5 yrs 9:30-11:00	\$ R Camp 9:45-12:00	Open Swim 9:45-1:00	\$ R Aquatics Certification Courses 9:45-1:00	Adult Lane Swim 5:45-4:30	
10:30 AM	Gentle Fit 10:45-11:45	Family Gym Kids 0-6 yrs 11:00-12:15	\$ R Camp 11:00-11:45				\$ Barre 11:00-12:00							
11:00 AM								\$ Cycle Fit 12:10-12:45						
11:30 AM														
12:00 PM	\$ R Camp 12:00-1:30									Open Swim 12:00-4:30				
12:30 PM														
1:00 PM														
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00	\$ R Aquatics Certification Courses 12:00-4:00		\$ R Camp 11:00-4:00			\$ R Camp 1:00-4:00	Open Climb 11:30-5:45					
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3:00 PM	\$ R Camp 3:00-4:00													
3:30 PM														
4:00 PM		Basketball 13+ yrs 3:15-6:00												
4:30 PM	\$ R Camp Care 4:00-6:00		\$ R Camp Care 4:00-6:00		\$ R Camp Care 4:00-6:00			M R Taekwondo - Parent Sign In/Out 7 yrs Beginners & Yellow Stripe 5:00-5:30					\$ R Aquatic Mentorship Program 4:30-7:15	
5:00 PM														\$ R Aquatic Leaders 5:15-6:15
5:30 PM										Parent & Tot 5:15-5:45				
6:00 PM														
6:30 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15						Yellow to Orange 5:30-6:15	Jungle Run 2-5 yrs 6:00-7:15					
7:00 PM								Green & Blue Stripe 6:15-7:15						
7:30 PM								Blue to Red 7:15-8:15	Open Climb 7:30-8:30					
8:00 PM		Basketball 13+ yrs 7:30-9:30						Adult & Black Belts 8:15-9:15		Open Swim 7:15-9:30	Open & Family Swim 8:00-10:00 (20m & 23m)	Family Lane Swim 8:00-9:45 (25m only)	Adult Lane Swim 8:00-10:00	
8:30 PM														
9:00 PM														
9:30 PM														
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY AREAS CLOSE AT 10:00 PM					ALL FACILITY 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 ymcafoakville.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 Minding 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.



Hours of
Operation

Monday to Friday 5:30 am - 10:00 pm

Saturday & Sunday 7:00 am - 7:00 pm

Holidays 9:00 am - 5:00 pm

July 1 - Canada Day
August 6 - Civic Holiday



Important Dates

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

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

Summer Schedule

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SATURDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
7:00 AM									Open Swim 7:00-9:00	Open Swim 7:00-8:00	Family Lane Swim 7:00-8:00 (25m)	Adult Lane Swim 7:00-9:00	
7:30 AM										Aqua Fit 8:00-8:45			
8:00 AM													
8:30 AM	Strong by Zumba 8:30-9:30												
9:00 AM													
9:30 AM									Parent & Tot 9:00-9:30 9:45-10:15 10:30-11:00	R Swim Lessons 9:00-12:30			R Aquatic Mentorship Program 9:45-12:30
10:00 AM	Family Drum Fit 10:00-10:45	Family Gym Kids 0-6 yrs 10:00-11:30			Play Time 2-5 yrs 10:00-11:30			Kids Only Climb 6-12 yrs 10:00-11:15					
10:30 AM	Boot Camp (Outside) 11:00-12:00												
11:30 AM													
12:00 PM													
12:30 PM		Available for Birthday Parties 12:00-3:00							Open Swim 12:30-6:30	Open Swim 12:30-7:00	\$ R Private Swim Lessons 12:30-5:00	Adult Lane Swim 12:30-7:00	
1:00 PM													
1:30 PM													
2:00 PM		For more information, please see below			Available for Birthday Parties 12:00-5:30								
2:30 PM													
3:00 PM					For more information, please see below								
3:30 PM	Family Badminton 3:15-4:15								Open Swim 12:30-6:30	Open Swim 12:30-7:00	\$ R Private Swim Lessons 12:30-5:00	Adult Lane Swim 12:30-7:00	
4:00 PM													
4:30 PM	Adult Volleyball 4:30-7:00												
5:00 PM													
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6:00 PM													
6:30 PM													
7:00 PM	ALL FACILITY AREAS CLOSE AT 7:00 PM					ALL FACILITY AREAS CLOSE AT 7:00 PM			CLOSED	ALL FACILITY AREAS CLOSE AT 7:00 PM			

SUNDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM	Yoga Fitness 9:00-9:45								Kids Only Climb 6-12 yrs 9:00-10:45				
9:30 AM													
10:00 AM	HIIT (High Intensity Interval Training) 10:00-10:45								Open Swim 7:00-6:30	Open Swim 7:00-7:00	\$ R Private Swim Lessons 9:00-2:00	Adult Lane Swim 7:00-7:00	
10:30 AM													
11:00 AM	Family Badminton 11:00-1:00												
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM													
1:30 PM		Available for Birthday Parties 1:00-4:45							Open Swim 7:00-6:30	Open Swim 7:00-7:00	\$ R Private Swim Lessons 9:00-2:00	Adult Lane Swim 7:00-7:00	
2:00 PM					Available for Birthday Parties 1:00-5:00								
2:30 PM													
3:00 PM		For more information, please see below			For more information, please see below								
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM	Adult Basketball 5:00-7:00												
5:30 PM													
6:00 PM													
6:30 PM													
7:00 PM	ALL FACILITY AREAS CLOSE AT 7:00 PM					ALL FACILITY AREAS CLOSE AT 7:00 PM			CLOSED	ALL FACILITY 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.ymcaofaokville.org
Email: customerservice@oakville.ymca.ca

Follow us on social media!

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-  twitter.com/YMCAOakville
-  instagram.com/YMCAofOakville