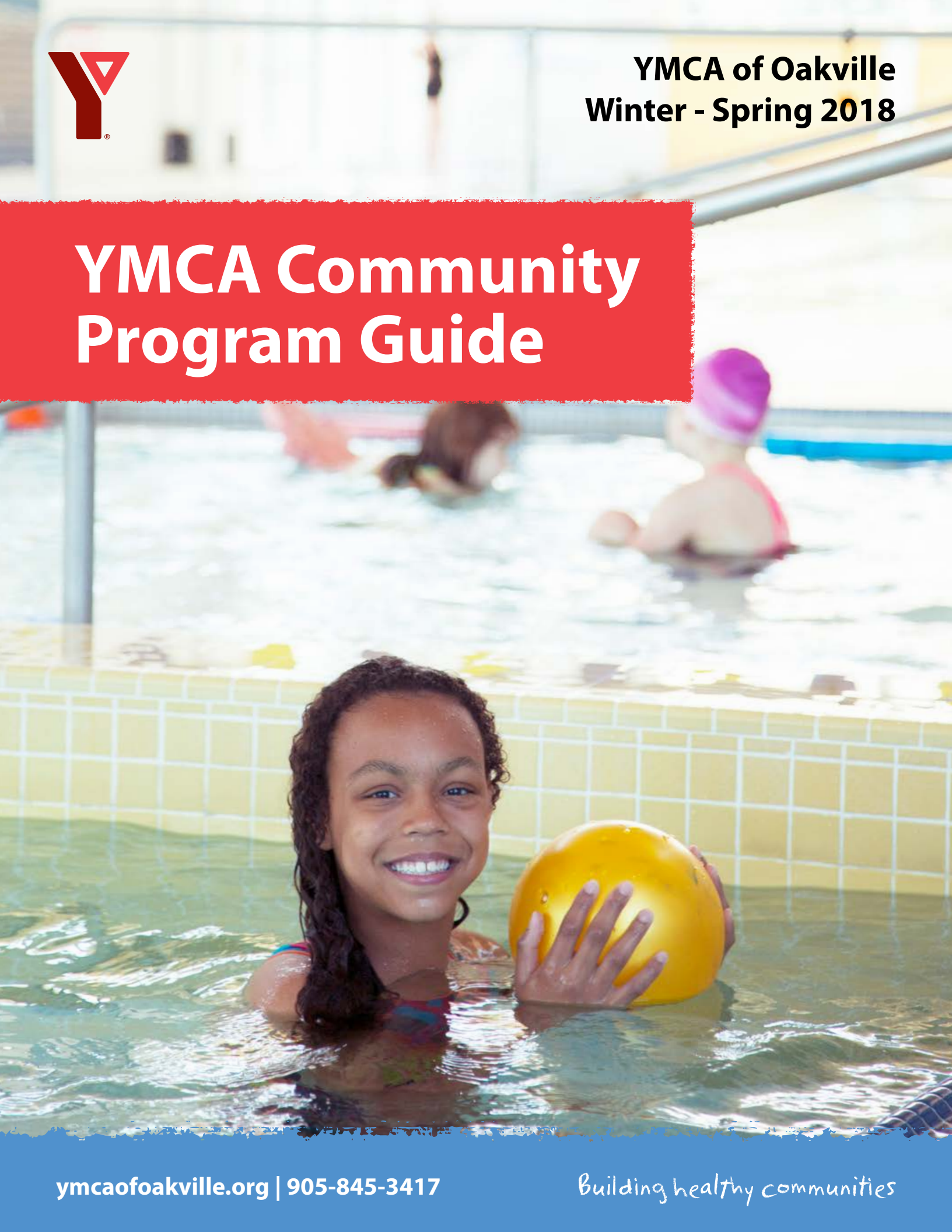




YMCA of Oakville
Winter - Spring 2018

YMCA Community Program Guide



Membership means more



A YMCA membership means more for you – and your community.

It means not only having access to great programs and motivated staff ready to help you achieve your health and fitness goals, it also means giving back to your community. As a charity, the YMCA is committed to the growth, in spirit, mind and body, of all our members and program participants, regardless of background, age or experience. That means we never turn anyone away, regardless of ability to pay.

Whether you're a family, student, individual or older adult, a YMCA membership means more for every age and stage. For one membership fee, you get unlimited fitness classes like Zumba, Aquafit, Yoga, TRX, Cyclefit, swim lessons, wellness coaching, sports and recreation programs, indoor climbing, access to other YMCA's across Canada and more!

More for families!

At the Y, our program schedules are designed with busy families in mind. With convenient hours seven days a week and a variety of program times, there's something for everyone to enjoy together under one roof. Plus, once your child registered in swim lessons, we'll automatically move them into the next session as they progress – no more registering for every session!

Plus:

- 25% family discount
- MyWellness Program! Our wellness coaches will help you create your personal exercise program and show you how to download the app to keep you motivated and on track!
- Nutrition evaluation and planning
- Fitness Assessments: Body composition, cardiovascular and muscular health analysis
- Health Care Management: Healthy Hearts, Aqua Rehab, Parkinson's, CancerSmart (new)
- Youth 10+ can exercise in the Wellness Centre
- Bright indoor track for walking or running
- Child minding included in child and youth memberships
- Modern Wellness Centre featuring Technogym weight training equipment, cardio and free weights area, plus studio for stretching and functional training
- Two pools – a 25-metre main Pool and a therapeutic, leisure pool
- Indoor climbing centre
- Double gym area for recreational sports such as basketball, volleyball and soccer
- Five multi-purpose rooms for fitness classes, special events or birthday parties
- Youth Room, fully equipped with movies, Wii, foosball, games and books

Membership Fees

Family Child/Youth	\$34.51
Child Youth	\$46.01
Family Student	\$36.04
Student	\$48.06
Adult Membership	\$62.20
Family Adult Membership	\$46.82
Adult +	\$98.91
Family Adult +	\$74.19

Hours of Operation

Monday to Friday	5:30 a.m. - 10:00 p.m.
Saturday and Sunday	7:00 a.m. - 7:00 p.m.
Holidays	9:00 a.m. - 5:00 p.m.



Child and Family Development

Buggy Business and More! (infants-2 yrs)

Come get some exercise with your little one! We will meet in the White Oaks Public Library parking lot and enjoy a brisk walk with our strollers and end with a fun storytime. Runs rain or shine.

Location: White Oaks Public Library, 1070 McCraney Street East

Session	Day	Time	Cost
Mar 23-Nov 30	Thur	10:00-11:30 am	Free Drop-in

Rhythm, Rhyme and Read (18 months-4 yrs)

Let's rock and read! Delivered in partnership with the Oakville Public Library, this program introduces children to early literacy with exciting rhymes, stories, music, and crafts.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Jan 10-June 20	Wed	1:00-2:00 pm	Free Drop-in

No class Mar 14

Wiggles and Giggles (infants-5 yrs)

Meet new people while spending time with your child in a friendly play environment. Borrow a literacy backpack or a book from our parent resource library.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Jan 8-June 29	Mon & Fri	9:00-11:00 am	Free Drop-in

No class Feb 19, Mar 12, 16, 30, Apr 2, May 21

Little English Language Learners LELL (infants-5 yrs)

Children will learn basic English and early learning skills through stories, music and crafts. Delivered in partnership with Halton Region, Oakville Public Library and HMC Connections.

Location: Faith Baptist Church, 1415 Trafalgar Rd.

Session	Day	Time	Cost
Jan 9-June 19	Tues	9:30-11:00 am	Free Drop-in

No class Mar 13



Celebrate with us!

We have active party packages for all ages! Each two-hour package includes a birthday host to set up, lead party activities and clean up, plus the use of a party room.

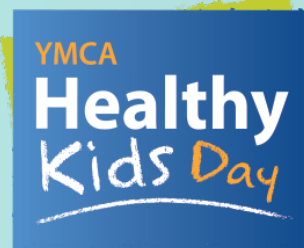
Choose from:

- Gym Kids (2-6 yrs)
- Swim Party (2-12 yrs)
- Rock Climbing (7-14 yrs)

For booking, contact birthdayparty@oakville.ymca.ca



Save the date!



Family, Children and Teen Programs

Private Piano Lessons (4+ yrs)

Our individual 30 minute classes are personalized with teachers, to build a lesson that is tailored to your skill level. Private lessons feature both playing and theory, and will allow the student to explore various styles of music and learn how to write their own music.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-member
Feb 5- June 11	Mon	3:30-6:00 pm	16	\$427	\$467
Feb 8- June 14	Thur	3:30-8:30 pm			

No class Feb 12, 26, Mar 12 (Mon session)

No class Feb 15, Mar 1, 15 (Thur session)

Master Cook Kids (5-13 yrs)

This four-week program will teach kids how to read a recipe, different ways to heat food, knife skills, how to work with measurements and more. *Registration opens on the first of the month prior to program start date.*

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Age	Day	Time	Classes	Member
Feb. 5- Mar 5	5-7 yrs	Mon	4:30-5:15 pm	4	\$10
Apr. 9- Apr 30	8-10 yrs		5:30-6:15 pm		
May 28- June 18	11-13 yrs		6:30-7:15 pm		

No class on Feb 19

My Safe Life (7-10 yrs)

This personal safety program is designed for children 7-10 years old to teach them how to make safe and respectful decisions in their everyday lives both online and offline.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-member
Jan 14 Apr 8 June 10	Sun	9:00 am - 4:00 pm	1	\$60	\$65

Home Alone Safety for Kids (9-12 yrs)

This course is aimed at empowering children with confidence and skills to care for themselves when home alone! Participants learn strategies to create a safe and positive environment, how to look after themselves for short periods of time, how to handle an injury, injury prevention and Basic First Aid.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-member
Jan 21 Feb 4 Mar 4 Apr 15 May 6 June 17	Sun	9:00 am- 4:00 pm	1	\$60	\$65

Babysitter Training (11-13 yrs)

The course will teach youth how to care for babies, toddlers, preschoolers and school-aged children, plus offer strategies to create a safe and positive environment. We'll also discuss how to prevent injuries, learn problem-solving and decision-making skills in emergency situations and First Aid.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-member
Jan 28 Feb 18 Mar 18 Apr 22 May 27 June 24	Sun	9:00 am- 4:00 pm	1	\$60	\$65



**Summer
Camp
Registration
January 30, 2018**

Family, Children and Teen Programs

Kerr Street Sports (11-14 yrs)

This program is a fun way for kids to get active after school and play a variety of sports, including soccer, basketball, floor hockey, volleyball, baseball and more!

Location: Kerr Street Mission, 485 Kerr St.

Session	Day	Time	Classes	Cost
Sept 25-Dec 11 Jan 8-June 18	Mon	4:30-6:00 pm	36	FREE Drop-In

Friday Nights Out (10-13 yrs)

Come explore Oakville with us! Friday Nights Out is a 6-week adventure that gives kids the opportunity to spend time with friends. Participants will be driven to the outing location in the YMCA community van. *No Class Mar 30*

Pick-up Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Day	Trip	Time	Cost
Oct 6 - Nov 10 Nov 17 - Dec 22 Jan 26 - Mar 2 Mar 16 - Apr 27 May 11 - June 15	Week 1 - Scooters	7:00-9:30 pm	\$15/ Night
	Week 2 - Laser Quest		
	Week 3 - Oakville Galleries		
	Week 4 - Sky Zone		
	Week 5 - Bowling		
	Week 6 - Putting Edge		

Boys Basketball (14-16 yrs)

Join us for a night of drop-in basketball! Each week participants and their friends will get the opportunity to play ball and develop teamwork skills.

Location: White Oaks Secondary School, 1330 Montclair Drive

Session	Day	Time	Cost
Oct 2-Dec 18 Jan 15-June 18	Mon	8:00-9:30 pm	FREE Drop-In

JR. NBA (5-7 yrs)

This 12-week entry-level basketball program is designed to provide a fun and healthy learning environment for children. Participants will learn the fundamentals while developing a passion for sport and play.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Members	Non-Members
Sept 30 - Dec 16 Jan 13 - March 31 Apr 7 - June 23	Sat	11:15-12:15 pm	\$160	\$180

Location: Glen Abbey United Church, 1469 Nottinghill Gate

Session	Day	Time	Members	Non-Members
Sept 30 - Dec 16 Jan 13 - March 31 Apr 7 - June 23	Sat	1:00-2:00 pm	\$160	\$180

Steve Nash Youth Basketball (8-12 yrs)

This 12-week developmental program is designed to increase skills, sportsmanship and a passion for basketball while focusing on developing an active, healthy lifestyle. Led by Ontario Basketball trained YMCA Coaches

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Members	Non-Members
Sept 30-Dec 16 Jan 13-Mar 31 Apr 7-June 23	Sat	12:30-1:30 pm & 1:45-2:45 pm	\$160	\$180

Location: Palermo Public School, 2561 Valleyridge Dr.

Session	Day	Time	Members	Non-Members
Sept 27-Dec 13 Jan 10-Mar 28 Apr 4-June 20	Wed	6:00-7:00 pm	\$160	\$180

Location: Glen Abbey United Church, 1469 Nottinghill Gate

Session	Day	Time	Members	Non-Members
Sept 30-Dec 16 Jan 13-Mar 31 Apr 7-June 23	Sat	2:00-3:00 pm	\$160	\$180
Sept 29-Dec 15 Jan 12-March 30 Apr 6-June 22	Fri	6:00-7:00 pm	\$160	\$180



Just the Guys (10-13 yrs)

Do you need a place to hang out, play games, and be a guy? Just the Guys is a program that is inspired by guys, led by guys, and ONLY FOR GUYS. Participants will have an opportunity to play sports and games, develop new friendships, and explore topics that matter most to them. Registration required.

Location: Emily Carr Public School, 2255 Pine Glen Rd.

Session	Day	Time	Cost
Jan 12 - June 15	Fri	7:00-9:00 pm	FREE

Just the Guys Leaders (13-16 yrs)

Our Just the Guys Leaders program digs deeper into issues that matter most to boys. Community building out-trips are planned based on the interest of participants to give them an opportunity to take on a leadership role in their community. Registration Required.

Location: Emily Carr Public School, 2255 Pine Glen Rd.

Session	Day	Time	Cost
Jan 12 - June 15	Fri	7:00-9:00 pm	FREE

TAG - Together as Girls (10-13 yrs)

Be strong! Be courageous! Be you! Join TAG and meet some amazing girls and mentors. Together we can talk about things that matter to you. We'll explore topics such as body image, healthy eating, peer pressure, stress management and much more. Registration required.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Jan 13 - June 16	Sat	6:30-9:00 pm	FREE

Together as Girls Leaders (13-16 yrs)

Our TAG Leaders program digs deeper into issues that matter most to girls, and gives them the chance to take on leadership opportunities. This is a GIRLS ONLY program, designed by the girls, for the girls. Topics and initiatives will be relevant to the interest and needs of participants in the program. Registration required.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Jan 13 - June 16	Sat	6:30-9:00 pm	FREE

Newcomer Youth Leaders (14-18 yrs)

Build confidence and friendships in this 10-week course. Designed to help develop life and leadership skills, youth will explore a variety of career options, have assistance writing resumes and applications. Regular participants will also receive a 3-month membership for the YMCA of Oakville. Contact Gurpreet Romana (Community Connections Youth Specialist); gromana@hmcconnections.com to register.

Location:

Thursday session: HMC Connections Oakville, 1092 Speers Rd

Wednesday session: HMC Connections Milton, 310 Main St E

Session	Day	Time	Cost
Mar 21 - May 23	Wed	6:00- 7:50 pm	FREE
Mar 22 - May 24	Thur	6:00- 7:50 pm	FREE

Newcomer Youth Outreach Council (14-18 yrs)

Designed for individuals who have completed Newcomer Youth Leaders, this program will help participants use their leadership skills to make a positive difference in the Oakville community. Contact Gurpreet Romana (Community Connections Youth Specialist); gromana@hmcconnections.com to register.

Location:

Wednesday session: HMC Connections Oakville, 1092 Speers Rd

Thursday session: HMC Connections Milton, 310 Main St E

Session	Day	Time	Classes	Cost
Jan 10 - June 13	Wed*	6:00-7:45 pm	12	FREE
Jan 11 - June 14	Thur*	6:00-7:50 pm	12	FREE

**This program runs every other week*

Youth Leaders (10+ yrs)

The YMCA Youth Leaders program is designed to build community leaders. Youth will enjoy leadership training, team-led projects, guest speakers and games while building new friendships, and increasing confidence.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Jan 12- Feb 15	Thur	5:30-7:15 pm	FREE
Mar 1- Apr 12			
Apr 26- May 31			
June 14- July 19			

**No class Mar 15*

Young Leaders Initiative (13-29 yrs)

The YMCA is committed to providing experiences based on the needs and interests of youth in our community. The YMCA Young Leaders Initiative (YLI) is a committee of volunteers dedicated to developing programming and resources for youth. For more information about the YLI, please contact Katherine Dziedzic at katherinedz@oakville.ymca.ca.



Adult Programs

NEW Teambeats (16+ yrs)

Unlike any other small group training experience, TEAMBEATS uses heart rate training to get the most out of your workout. Intervals of cardio and strength based exercises are combined in this fun and challenging workout.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Jan 15- Feb 19 Mar 19- Apr 23 May 7- June 11	Mon	9:00-10:00 am	6 wks	\$50	\$75
		6:30-7:30 pm			
	Tue	9:00-10:00 am			
	Wed	6:30-7:30 pm			
	Thu	6:30-7:30 am			
	Fri	10:00-11:00 am			

10K Running Clinic (16+ yrs)

Looking for a new challenge this Fall. The 10k clinic will progress from a base of 4-5 km. Whether you are new to this distance or you are an avid runner this clinic will challenge and motivate you through the fall. Goal race is the Mississauga 10 km race on Sat. May 5.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Mar 21-May 2	Wed	9:00-10:00 am	7	Included	\$50

Early Bird Yoga (16+ yrs)

Yoga is a great way to stretch and strengthen your mind and body. Designed to increase flexibility of your joint and ligaments and excellent toning of your muscles, this class will give you more energy, and help you feel great!

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Apr 3-May 14	Tue	6:00-6:45 am	6	Included	\$50

Babies and Me Postnatal Fitness

This postnatal fitness class will get you and your baby active, moving and in shape. Always consult with your doctor prior to starting a workout routine. It's recommended moms wait at least 6 weeks to heal after natural birth and 12 weeks post Caesarean Section prior to starting any physical activity.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Jan 8-Feb 19 Feb 26-Apr 9 Apr 16-May 28 June 4- Jul 16	Mon	11:00-11:45 am	6	Included	\$50
Jan 10-Feb 14 Feb 21-Apr 4 Apr 11-May 16 May 23- June 27	Wed	11:00-11:45 am			
Jan 12-Feb 16 Feb 23-Apr 13 Apr 20-May 25 June 1- Jul 6	Fri	11:00-11:45 am			

No class on Feb 12, Mar 12, 14, 16, 30, May 21 and Jul 2

NEW CancerSmart™ Exercise

Exercise and rehabilitation play an important role in helping patients cope with treatment and its side-effects, and recover health. The YMCA of Oakville and Wellspring Birmingham Gilgan House have partnered to offer a three-month CancerSmart program. Participants are individually assessed, prescribed customized exercise regimens, and closely supervised in their exercise plans. Program available to all cancer patients

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Member	Non-Member
Jan 2 - Apr 5 Apr 10 - Jul 5	Tue, Thur	11:00 am-12:00 pm	Included	\$90



Box Fit (16+ yrs)

This class is popular for both men and women of all ages and fitness levels. It's designed to increase both cardio and muscular strength and endurance, through series of boxing techniques of jabs, hooks and kicks with the use of punching pads/bags. Participants must bring their own wraps and gloves to class. Members can purchase gloves for \$30.00 through the YMCA.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Jan 21 - Feb 25 Apr 8 - May 13 May 20 - June 24	Sun	10:00-10:45 am	6	\$50	\$75
Jan 15 - Feb 26 Mar 19 - Apr 30 May 7 - June 18	Mon	12:00-12:45 pm			

No class on Feb 19, Apr 2 and May 21

Nordic Pole Walking Club (16+ yrs)

Nordic Pole Walking will pump up your cardio by increasing oxygen consumption, reducing stress to your knees and lower joints and improving posture while strengthening your upper body to create resistance to build better bone density. Bring your poles and join us for a weekly walk through Oakville. ** \$75 if you need to purchase poles.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
May 1 - June 5	Tue	9:00-10:00 am	6	Included	\$40

Healthy Hearts

With a primary focus on cardiac rehabilitation, this program offers support for individuals with chronic medical conditions. Healthy Hearts focuses on the progression of aerobic capacity and basic full body strength training. Supervised and monitored by a trained Kinesiologist, this is a great transition from Halton Healthcare Hospital programs. Education sessions will occur monthly.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Classes	Time	Member	Non-Member
Jan 8 - Apr 4 Apr 9 - June 27	Mon & Wed	26	8:30-9:30 am 10:30-11:30 am 12:15-1:00 pm (AquaFit)	Included	\$90
Jan 9 - Apr 5 Apr 10 - June 28	Tue & Thur		6:00-7:00 pm		

Health Management Educational Workshops

A series of educational workshops to encourage a healthy balanced lifestyle. Our staff kinesiologist will present a variety of topics that include the latest research, tips and industry trends, giving you the knowledge required to reach your goals.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Topic	Date	Day & Time	Cost
Stand Up for your Health	Jan 29, 30	Mon: 11:30-12:30 pm Tue: 6:00-7:00 pm	Free
Healthy Feet Happy Feet	Feb 26, 27		
Not so sweet facts of sugar	Mar 26, 27		
Take control of your Blood Pressure	Apr 23, 24		
Aging and Flexibility	May 28, 29		

NEW Healthy Hearts for Life

Ready to move on from Healthy Hearts? Take the next step with this individualized three-month program monitored by a trained Kinesiologist. Participants will learn how to have a healthy heart for life and stay motivated. Pre and post baseline measures, assessments and monthly education sessions included.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Member	Non-Member
Jan. 8 - Apr 6 Apr 9 - June 29	Mon, Wed, Fri	8:00 am - 6:00 pm	Included	\$120



Aquatics Programs

Adult Beginner Lessons (16+ yrs)

This drop in lesson will introduce adults some basic swimming skills and techniques, such as floating, gliding, and front swim and back swim within 10-15m distance. No experience required on participants. Participants must register each session.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon: 11:00-11:30 am 8:00-8:30 pm	12	Included	\$160
Apr 9-June 30	Mon: 11:00-11:30 am 8:00-8:30 pm			
Jul 9-Sep 2	Mon: 8:00-8:30 pm			

Adult Intermediate Lessons (16+ yrs)

The goal of this program is to develop proficiency and endurance in one or more of the swimming strokes. Based on participants request, instructor work on stroke correction individually. Participants must be able to swim 25m and comfortable in deep water. Participants must register each session.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon: 11:30am-12:00pm Wed: 8:00-8:30 pm	12	Included	\$160
Apr 9-June 30	Mon: 11:30am-12:00pm Wed: 8:00-8:30 pm			
Jul 9-Sep 2	Wed: 8:00-8:30 pm			

Adult Master Swim (18+ yrs)

This program provides the participants with an opportunity to improve their technique, skills and speed based on their personal fitness goals through regular coached swimming workouts. Participants are welcomed and should be able to swim 400m (sixteen lengths of the 25m pool). Participants must register each session.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Wed: 8:30-9:45 pm	12	\$70	\$160
Apr 9-June 30				
Jul 9-Sep 2				

Youth Master Swim

Upon completion of YMCA swim level Star 6 or Master Swimmer. Participants will be benefited on stroke correction with skills and techniques provided. Swimmers of all ages are guided and motivated to reach personal goals and achieve fitness results. Participants must register each session. *Prerequisite: Must have completed YMCA Star 6.*

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon: 7:15-8:00 pm	12	Included	\$160
Apr 9-June 30	Tue: 7:15-8:00 pm Thur: 7:15-8:00 pm			
Jul 9-Sep 2	Sat: 9:00-9:45 am			

Youth Aquatics Leaders

This program focuses on stroke correction, endurance and work on some lifesaving rescues in preparing to skills of lifesaving course. Participants in this program will also have the opportunity to assist in the delivery of our YMCA member swim lessons within class. Participants must register each session. *Prerequisite: Must have completed YMCA Star 6.*

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Fri: 5:15-6:15 pm	12 1 hr/ class	Included	Members only
Apr 9-June 30				
Jul 9-Sep 2				

Youth Aquatic Mentorship Program

This program provides the opportunity to assist in the delivery of our YMCA member swim lessons. Participants will have a pool orientation and train in preparing to assist YMCA swim instructors, as well as emergency procedures while assisting in pool area. This 2.5 hours program allows participants to build relationship with both instructors and swim participants by developing YMCA Core values. Participants must register each session. *Prerequisite: must complete Master swimmer.*

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon-Fri: 4:30-7:15 pm Sat: 9:45 am-12:30 pm	13 2.5 hrs/ class	Included	Members only
Apr 9-June 30				
Jul 9-Sep 2				

Parent & Tot Swim Lessons (5-35 months)

Introduce your baby to the water! Learn to blow bobbles, kick and splash using a mix of games, songs, and activities. One class per week. Participants must register each session.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon-Fri: 5:15-5:45pm Sat: 9:00-9:30 am 9:45-10:15 am 10:30-11:00 am 11:15-11:45 am 12:00-12:30 pm	12	Included	\$160
Apr 9-June 30				
Jul 9-Sep 2				



Aquatics Programs

YMCA Member Registered Swim Lessons (3-16 yrs)

Member Lessons ONLY – 12 weeks classes 30 mins once a week with 1 week program break between sessions. Once members register into the swim program, aquatics staff will register your child automatically into the exact same day and time for the next swim level during the program break. Regular attendance is required for Member Lessons has a strict attendance policy is in place. 3 consecutive absences within a 12 week session will lead members lose their swim lesson spots.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon-Thur: 10:00-11:00 am 4:30-8:00 pm	12	Included	Members only
Apr 9-June 30	Sat: 9:00-12:30pm			

Additional Registered Swim Lessons (3-16 yrs)

It is a great addition to your complementary member swim lesson for those participants who wish to swim an extra swim lesson per week. Registered Lessons are sold in 12 week packages and are available to YMCA Members and Non-Members. Limited Space available at various Swim Lesson time blocks. Registration Available Online.

Session	Day & Time	Classes	Member	Non-Member
Jan 8-Apr 1	Mon-Fri: 4:30-7:15 pm	12	\$140	\$160
Apr 9-June 30	Sat: 9:00-12:30pm			

Private / Semi Private Swim Lessons (All Ages)

Specialty classes for those who would like to benefit from one-on-one instruction. Lessons can be purchased in 4 or 8 week packages. Parents must provide the names of BOTH participants upon registration for Semi Private Lesson. Participants schedule lesson time directly with their private swim lesson instructor. No private lessons will be scheduled during Swim lesson time blocks.

Session	Day & Time	Classes	Member	Non-Member
Private	Time scheduled directly with instructors	4 times (30 mins) or 2 times (1 hr)	\$160	\$180
		8 times (30 mins) or 4 times (1hr)	\$300	\$320
Semi-Private		4 times (30 mins) or 2 times (1 hr)	\$95	\$115
		8 times (30 mins) or 4 times (1hr)	\$165	\$185

Bronze Medallion + Emergency First Aid (13+ yrs)

This course teaches responses to complex water rescue situations. It develops physical fitness, decision-making and judgment skills. Anything less than 80% attendance may affect completion of the course. Additional materials may be purchased on first day of lesson Exam date cannot be rescheduled. Anyone who fails to attend exam date must redo FULL course. *Prerequisite: Must be 13 years old OR hold Bronze Star.*

Session	Day & Time	Member	Non-Member
Feb 10	8:30 am-4:30 pm		
Feb 24, Mar 3	1:00-5:00 pm	\$230	\$250
Feb 25, Mar 4	9:00 am-3:00 pm		

Bronze Cross + Standard First Aid (13+ yrs)

Bronze Cross challenges Lifesavers with more advanced training and introduces safe supervision in aquatic facilities, the principles of teamwork, procedures and use of special equipment. Must hold Bronze Medallion and Emergency First Aid with CPR B. Anything less than 80% attendance may affect completion of the course. Exam date cannot be rescheduled, anyone who fails to attend exam date must redo FULL course.

Session	Day & Time	Member	Non-Member
Apr 28, 29 SFA	8:30 am-4:30 pm		
May 5, 12	1:00-5:00 pm	\$240	\$260
May 6, 13	9:00 am-3:00 pm		

Standard First Aid & Recert

Standard First Aid + CPR"C" is a continuation of the first aid course in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, medical emergencies and use of AED.

Session	Day & Time	Classes	Member	Non-Member
Feb 10-11		16 hrs	\$100	\$120
Apr 28, 29	8:30 am-4:30 pm	16 hrs	\$100	\$120
Recert		8 hrs	\$75	\$85

CPR-C

CPR-C covers all aspects of CPR skills and theory for adults, children and infants including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED. It also contains treatment for concise and unconcise chocking emergency for Infant, child and adults

Session	Day & Time	Classes	Member	Non-Member
Feb 6, 8	1:00-3:30 pm	5-6 hrs	\$60	\$70
May 8, 10				

Pre—National Lifeguard Services (NLS) course (15+ yrs)

This course is to prepare candidates in physical standards, rescue management and treatment of medical emergencies. No formal exam is conducted in this course, NLS instructor/examiner will provide the evaluation on candidates performance at the end of last day. No Certification is issued. *Prerequisite: MUST complete Bronze Cross and Standard First aid with CPR C*

Session	Day & Time	Classes	Member	Non-Member
June 9, 10	Sat: 1:00-4:00 pm	16 hrs	\$200	\$240
June 16, 17	Sun: 9:00 am-1:00 pm			



March Break Programs (March 12-16)

Day Camp (6-12 yrs)

Similar to a summer day camp, children will participate in a wide range of activities including recreational swimming, sports and games, arts and crafts, rock climbing, theme days and special guests. Sign up for the entire week or simply choose the days you want!

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Cost
Mar 12-16	Mon-Fri	9:00-4:00 pm	\$45/day or \$195/week
Before and after camp care	Mon-Fri	7:00-9:00 am & 4:00-6:00 pm	\$18/day, \$85/week or \$9/day (for only before OR after care)

Overnight Camp (11-14 yrs)

In partnership with YMCA Camp Pine Crest, this overnight camp experience will give teens the chance to sleep and eat in winterized cabins and dining halls. Balanced with indoor and outdoor initiatives such as low and high ropes, snowshoeing, tobogganing, cross country skiing and shelter building.

Location: Muskoka

Session	Day	Time	Cost
Mar 12-15	Mon-Thur	4 days, 3 nights	\$395

**Accommodation, meals and transportation fees included. All campers and parents are required to attend the information session prior to attending the overnight camp.*

March Break Child Care (3.8-12 yrs)

Fun and interactive licensed before and after care offered at seven locations in Oakville with activities for children in kindergarten and older grades.

Various Oakville Locations*

Session	Day	Time	Cost
Mar 12-16	Mon-Fri	7:00 am-6:00 pm	\$45/day or \$225/week

LSS National Lifeguard Services (16+ yrs)

This course is a nationally recognized Lifeguarding program. The course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. Anything less than 80% attendance may affect completion of the course. Exam dated cannot be rescheduled, anyone who fails to attend exam date must redo FULL course. Please provide a photocopy of ALL required certification card upon registration
Prerequisites: Must hold Bronze Cross and Standard First Aid + CPR "C".

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Mar 12-16	Mon-Fri	9:00-5:00 pm	40 hrs	\$360	\$380

LSS Swim Patrol: Rookie, Ranger, Star (16+ yrs)

Swim Patrol (Rookie, Ranger, Star) program will focus on stroke improvement, endurance and develop first aid skills and rescue to prepare participants for the Lifesaving society course.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Mar 12-16	Mon-Fri	9:00-5:00 pm	40 hrs	\$240	\$260

Volunteer with Us!

As a charitable organization, we offer a wide range of programs that address the unique needs of our community and every day we rely on volunteers to help. If you are interested in a rewarding volunteer opportunity that makes a difference in our community, or would like more information, please visit www.ymcaofoakville.org.