



YMCA of Oakville

2012 Registered Programs

January to September

Building healthy
communities



At the YMCA of Oakville, we're proud to offer the community and our members a number of registered programs that provide you and your family with the opportunity to try out a class, learn a new skill or connect with new friends.

Register online at ymcaofOakville.com
or with the Membership Services Desk
at the Peter Gilgan Family YMCA.

YMCA of Oakville
Peter Gilgan Family YMCA
410 Rebecca Street
Oakville, ON L6K 1K7
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ymcaofOakville.com



Children, Youth and Family Programs



NEW Family Yoga 7+ years

Join our 45 minute yoga class designed just for families! A variety of yoga poses, animated breathing exercises and soothing relaxation techniques will awaken your inner-child! No experience required.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Jan 28–Mar 31	Sat	11:00-11:45 am	8	FREE	\$50

No class: March 10 & 17



NEW Family Zumba 7+ years

Come on out and awaken the inner dancer in the whole family – and get fit at the same time! Join the Latin and international dance movement and learn how easy it is to combine simple dance moves with fitness-based movements.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Apr 28–Jun 23	Sat	11:00-11:45 am	8	FREE	\$50

No class: May 19

Parent and Child Mother Goose Parents with infants up to 12 months

Designed to encourage parents to cuddle up and enjoy one-on-one time with their little ones. This one-hour class focuses on the relationship between parent and child through the pleasure and power of rhymes, songs and stories.

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Fee
Jan 10–Feb 14	Tues	0-6 months	12:15–1:15 pm	6	FREE
Feb 28–Apr 10		7-12 months	1:30–2:30 pm		
Apr 12–May 29					

No class: March 13

Location: St. Michael's Catholic School

Sessions	Day	Age	Time	Classes	Fee
Jan 11–Feb 15	Wed	7-12 months	9:30–10:30 am	6	FREE
Feb 29–Apr 11		0-6 months	10:45–11:45 am		
Apr 25–May 30					

No class: March 14

Parenting Class - Group Triple P

Delivered in partnership with Public Health Nurses, this program will teach you effective parenting strategies, how to promote your child's development, how to manage common child behaviour problems and principles to help you deal with almost any situation that might arise. Group Triple P is geared to parents with children ages 0-6 years. There is no cost to participate in this program, but registration through Halton Region is required. To register call 905-825-6000, ext. 7877 and mention you would like to register for the YMCA location.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Fee
Apr 5-May 17	Thurs	9:30-11:30 am	7	FREE

Multi-Sport 6-8 years

Kids will learn the basics of sports such as badminton, volleyball, lacrosse, soccer, basketball and more. As new sports are introduced, the class will be balanced with basic skill development and an opportunity to apply the skills in a game environment. This program promotes activity and encourages participation from all ability levels.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Fee
Jan 15-Mar 4	Sun	2:30-3:30 pm	8	\$62
Apr 29-Jun 10			6	\$46

Girls Multi-Sport 10-13 years

It's girl's night out at the Y! A program created just for girls; where they can learn the basics of sports such as badminton, volleyball, lacrosse, soccer, basketball and more!

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Fee
Apr 28-Jun 9	Sat	7:00-9:00 pm	6	\$46

TAG - Together as Girls 10-13 years

This active, experiential leadership development program is designed specifically for young girls and is focused on meeting new people, making new friends and having fun! Girls will participate in group games & sports, team development activities, creative arts, movies and social media to explore topics like active living, healthy eating, nutrition, body image and the media, peer pressure and bullying. Registration takes place in January and February. *A fee of \$15 covers the cost of a TAG t-shirt and year-end celebration.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Fee
Ongoing	Sat	7:00-9:00 pm	FREE (\$15*)



Instructional Basketball 6-8 years/9-11 years/12-14 years

This program will provide players with the opportunity to develop skills in ball control, passing, shooting and strategy/defence. Each session will focus on skill development in a key area and will provide a fun opportunity to apply skills in a game environment.

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Fee
Jan 14-Mar 3	Sat	6-8 years	12:00-1:00 pm	8	\$62
		9-11 years	1:00-2:00 pm		
		12-14 years	2:00-3:00 pm		
Apr 28-Jun 9	Sat	6-8 years	12:00-1:00 pm	6	\$46
		9-11 years	1:00-2:00 pm		
		12-14 years	2:00-3:00 pm		

Instructional Soccer 3 years/4-6 years/7-8 years

This indoor program will provide players with the opportunity to learn the fundamentals of soccer including ball control, passing, shooting and defence. YMCA programs promote activity and participation from all ability levels and encourages fair play, cooperation and teamwork!

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Fee
Jan 15-Mar 4	Sun	3 years	11:30 am-12:15 pm	8	\$62
		4-6 years	12:15-1:15 pm		
		7-8 years	1:15-2:15 pm		
Apr 29-Jun 10	Sun	3 years	11:30 am-12:15 pm	6	\$46
		4-6 years	12:15-1:15 pm		
		7-8 years	1:15-2:15 pm		

Youth Boot Camp 10-13 years

In this challenging course, youth can work on mastering a variety of obstacle courses designed to develop strength and agility and increase cardio development. Obstacle courses will use tools such as speed hurdles, reaction balls, agility ladders and skipping ropes to increase stamina.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Jan 31-Mar 6	Tues	6:30-7:15 pm	6	FREE	\$25
May 1-Jun 5					



March Break Programs



March Break Day Camp 6-12 years

Modeled after a typical day camp program, 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 choose the days you want!

Location: Peter Gilgan Family YMCA

Sessions	Days	Time	Week	Daily
March 12-16	Mon-Fri	9:00 am-4:00 pm	\$180	\$40

Extended camp care available

Visit ymcaofOakville.com/camp for more information.

March Break Overnight Camp 11-14 years

In partnership with YMCA Camp Pine Crest, this is an overnight camp experience where your teens will sleep in winterized cabins and eat in a winterized dining hall. With a balance of indoor and outdoor programming, camp activities will include group games & initiatives, low and high ropes, snowshoeing, tobogganing, cross country skiing, shelter building and campfires. *Accommodation, meals and transportation from the Peter Gilgan Family YMCA are included in the fee.

Location: YMCA Camp Pine Crest, Muskoka

Sessions	Day	Time	Fee
March 12-15	Mon-Thurs	4 days, 3 nights	\$350*

Aquatics

All programs are located at the Peter Gilgan Family YMCA.

Lifesaving Swim Patrol: Rookie, Ranger, Star 7-10 years

This program focuses on fitness, endurance, water rescues, First Aid and CPR. It's ideal for those interested in continuing swimming but are not yet the age to participate in the Aquatics Leadership Program.

Sessions	Days	Time	Classes	Member	Non-member
March 12-16	Mon-Fri	8:30 am-4:30 pm	5	\$200	\$220

Lifesaving National Lifeguard Service (NLS) 16+ years

This course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. 80% attendance is required to pass. Participants must hold Bronze Cross and current Standard First Aid.

Sessions	Days	Time	Classes	Member	Non-member
March 12-16	Mon-Fri	8:30 am-4:30 pm	5	\$250	\$320

Lifesaving NLS Re-certification 16+ years

Proof of original award (award card) must be shown to the examiner at the time of the re-certification.

Sessions	Day	Time	Classes	Member	Non-member
March 16	Friday	8:30 am-4:30 pm	1	\$65	\$70

Get ready for Summer Camp!

Summer Day Camps

Whether your child is looking for days jam-packed with sports, swimming, day-trips or outdoor adventures, we have a variety of summer day camp programs at four convenient locations.

Wilderness Leadership Trips

In partnership with YMCA Camp Pine Crest, we're offering youth 12-18 years an overnight experience to learn valuable new skills, and focus on building leadership in the great outdoors. Register early for our two-week wilderness and leadership development programs.

For more information on all of our summer camp programs, please visit our website at ymcaofOakvillecamp.com.



Adult Programs



YMCA Canada Fitness Leadership Program 16+ years

The YMCA Canada Fitness Leadership training certification program is an accredited course. Participants will learn how to become a Group Fitness Instructor or an Individual Conditioning Specialist. The process of becoming certified is a five-stage program. Each stage is a progression of skill development starting with anatomy, physiology and nutrition. Group classes cover land or water-based fitness and individual conditioning allows you to work with individuals within a weight room, and design programs and set workout goals. Stage 1 Basic Theory (all session dates and times must be attended).

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Feb 11	Sat	8:00 am-4:00 pm	4	\$339	\$452
Feb 12	Sun				
Feb 25	Sat				
Feb 26	Sun				

Nordic Pole Walking 17+ years

Walk your way to health and learn to incorporate 90% of your body muscles with each stride. Nordic Pole Walking will pump up your cardio by increasing oxygen consumption, reduce stress to your knees and lower joints and improve posture while strengthening your upper body to create resistance to build better bone density.

Location: Meet at the Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Apr 17– Jun 21	Tues	1:00-2:00 pm	10	\$60	\$110
	Wed	9:30-10:30 am			
	Thurs	6:30-7:30 pm			

Boot Camp

Get yourself ready for the summer with these 4-week Boot Camps. These outdoor workouts consist of circuits using the environment and different equipment than a regular fitness class. For beginners and advanced exercisers, these classes will jump-start your summer.

Location: May 3–24, meet at Coronation Park

June 7–28, meet at Morden Public School

Sessions	Day	Time	Classes	Member	Non-member
May 3–24	Thurs	10:00-11:00 am	4	FREE	\$50
June 7-28		6:30-7:30 pm			

Triathlon Clinic

Your NCCP certified coach will provide you with weekly 90-minute workouts, plus training in all three sports: swimming/biking/running. You will also be provided with a personalized training program to suit your training base, fitness level, fitness goals and race goals. Special interest seminars and a race simulation day prior to the team race (triathlon/decathlon) is also included.

Location: Meet at the Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Apr2-Jun 11	Mon	7:00-8:30 pm	11	\$55	\$85

Half Marathon Clinic

You will be provided with a training program to suit training base, fitness and race goals. Special interest seminars, access to clinic leaders via email and two group running days are all included! Our goal race will be the Scotia Bank Half Marathon in October 2012.

Location: Meet at the Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Jun 13– Oct 13	Wed	6:30 pm	11	FREE	\$40
	Sat	8:00 am			



Aquatics Programs



All programs are located at the Peter Gilgan Family YMCA. Class starts on the first day of each program session.

Parent & Tot and Infant CPR 3–35 months

Introduce your baby to the water! Learn to blow bubbles, kick and splash using a mix of games, songs, and activities. Ten minutes of every class will be allocated to teaching you what to do in case of an emergency. One class per week.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Mon-Thur	10:00-10:30 am	12	FREE	\$120
Apr 9–Jun 30	Mon-Fri	5:30-6:00 pm			
Jul 9–Sep 2	Sat	9:00-9:30 am			
	Sat	9:45-10:15 am			

Registered Swim Lessons

In addition to the weekly, one 30-minute swim lesson included with YMCA membership, you can purchase a 12-week swim lesson package. Learning to swim is more than just stroke development; it's also about building confidence, self-esteem and developing lifelong skills. Please refer to the YMCA Membership Guide for swim lesson descriptions. One class per week.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Mon	4:45-5:15 pm	12	\$120	\$140
	Tues	5:30-6:00 pm			
Apr 9–Jun 30	Wed	6:15-6:45 pm			
	Thur	6:45-7:15 pm			
Jul 9–Sep 2	Fri	5:30-6:00 pm			
	Sat	9:00-9:30 am			

Private & Semi-Private Lessons

At the YMCA, we offer even more options for those wanting to learn how to swim. Choose from private swim lessons, semi-private swim lessons or registered swim lessons, which can be used in addition to the weekly swimming lesson included with your membership. This is a great option if you think you or your child would benefit from additional swimming lessons.

Sessions	Day/Time	Weeks	Member	Non-member
Private	To be scheduled directly with swim instructor	4	\$140	\$160
Private		8	\$240	\$260
Semi-private		4	\$80/each	\$100/each
Semi-private		8	\$120/each	\$140/each

Aquatics Leader Corp

This program focuses on stroke correction, endurance and begins to work on some key elements of instructing and lifesaving. Participants in this program will have the opportunity to assist in the delivery of our YMCA member swim lessons. One class per week.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Fri	6:15-7:15 pm	12	FREE	\$140
Apr 9–Jun 30	Sat	12:00-1:00 pm			
July 9–Sep 2					

Virtual Swim the Lake



Individuals, teams and families of all ages will have the opportunity to swim together and challenge themselves to various distances and bodies of water all over the world with our new online virtual system.

This online program will allow participants to record the distance they have swam and see the distance left to go. Participants may also challenge others to races.

Session	Day/Time	Member/Non-member
Ongoing	During Recreational Open Swims	\$5 donation to the YMCA Strong Kids campaign per person or family

Swim the Lake Team

Upon completion of YMCA swim level Star 6 or Master Swimmer, participants will work on advanced stroke correction and techniques. Swimmers of all ages are guided and motivated to reach personal goals and achieve fitness results. A friendly swim competition will take place once a year at the Swim the Lake Event. One class per week.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Mon Wed	6:45-7:30 pm	12	FREE	\$140
Apr 9–Jun 30					
July 9–Sep 2					

Adult Beginner Swim Lessons

Swim lessons for 16+ years designed to introduce adults to the water, plus some basic swimming skills and techniques.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Mon	12:15-12:45 pm OR 8:00-8:30 pm	12	FREE	\$140
Apr 9–Jun 30					
July 9–Sep 2					

Adult Intermediate Swim Lessons

The goal of this program is to develop proficiency and endurance in one or more of the swimming strokes.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Wed	12:15-12:45 pm OR 8:00-8:30 pm	12	FREE	\$140
Apr 9–Jun 30					
July 9–Sep 2					

Adult Stroke Correction Clinics

This full package includes all three strokes: front crawl, back crawl and breast stroke. You can also choose strokes to focus on. We'll also work on stroke correction with a focus on improving the stroke mechanics. One class per week.

Sessions	Day	Time	Classes	Member	Non-member
Jan 3–Mar 31	Mon Wed	8:00-8:30 pm	12	\$110	\$140
Apr 9–Jun 30					
July 9–Sep 2					

Aquatics Leadership Courses

Lifesaving Swim Patrol: Rookie, Ranger, Star 7–10 years

This program focuses on fitness, endurance, rescues, First Aid and CPR. Ideal for youth interested in continuing swimming, but who are not yet of age to participate in the Aquatics Leadership Program.

Sessions	Day	Time	Classes	Member	Non-member
Jan 8–Apr 1	Sun	3:00-4:00 pm	12	\$90	\$120
Apr 8–Jun 24					

Lifesaving Bronze Star 9–13 years

This lifesaving leadership course is a continuation of the Lifesaving Swim Patrol. It's a great course to help prepare for Bronze Medallion by working on swimming skills, first aid and rescue abilities.

Sessions	Day	Time	Classes	Member	Non-member
Jan 8–Apr 1	Sun	4:30-5:30 pm	12	\$90	\$120
Apr 8–Jun 24					

Lifesaving Bronze Medallion 13+ years

This course teaches you to respond to complex water rescue situations and develops physical fitness, decision-making and judgment skills. It is a prerequisite for all advanced leadership courses.

Sessions	Day	Time	Classes	Member	Non-member
Jan 7–Mar 31	Sat	In class 12:30-2:00 pm In pool 2:00-4:00 pm	12	\$120	\$140
Apr 7–Jun 23					

Lifesaving Bronze Cross 13+ years

Bronze Cross challenges lifesavers with more advanced training. It introduces safe supervision in aquatic facilities, the principles of teamwork and the procedures and use of special equipment. Participants must hold a Bronze Medallion and Emergency First Aid with CPR. Bronze Cross is a prerequisite for all advanced training including NLS and instructor certifications.

Sessions	Day	Time	Classes	Member	Non-member
Jan 7–Mar 31	Sat	In class 2:00-3:00 pm In pool 3:30-5:30 pm	12	\$140	\$160
Apr 7–Jun 23					

Lifesaving Bronze Medallion or Bronze Cross Re-certifications

Re-certification held last day of FULL course, during the pool time. Proof of original award (Award Card) must be shown to the examiner at the time of the re-certification.

Sessions	Day	Time	Classes	Member	Non-member
Mar 31	Sat	Bronze Medallion In pool 12:00-2:00 pm Bronze Cross In pool 2:00-4:00 pm	1	\$60	\$75
Jun 23					



First Aid & CPR Courses



Part Two: Standard First Aid + CPR 'C'

This course is a continuation of Emergency First Aid + CPR "B" providing an 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, burns and medical emergencies.

Sessions	Day	Time	Classes	Member	Non-member
Feb 17 & 24	Fri	10:00 am-5:00 pm	2	\$110	\$130
May 4, 11, 18 & 25		5:00-8:30 pm	4		

Part Two: Standard First Aid + CPR 'C' Re-certification

Proof of original SFA awards card MUST be shown to the examiner. Failure to provide this verification will prevent testing. SFA certificates from other agencies may not re-certify their certificate on a LSS re-cert course. SFA award holders may re-certify their LSS SFA by alternating re-certifications and original full courses.

Day	Time	Classes	Member	Non-member
Last Day of FULL Course	10:00 am-5:45 pm	1	\$60	\$75

AED Responder (Defibrillation)/AED Re-certification

Automated External Defibrillation (AED) builds on the skills learned in CPR and first aid courses. AED provides knowledge of how the heart works and what goes wrong when defibrillation is required. Learn how and when to operate an automated external defibrillator. All Lifeguards require their AED Responder prior to employment.

Sessions	Day	Time	Classes	Member	Non-member
Mar 13	Tue	10:00 am-2:00 pm	1	\$60	\$75
June 22	Fri	4:00-8:00 pm			

Part One: Emergency First Aid + CPR 'B'

This course covers general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, and stroke.

Sessions	Day	Time	Classes	Member	Non-member
Feb 17	Fri	10:00 am-5:45 pm	1	\$60	\$70
May 4 & 11		5:00-8:30 pm	2		

Connect with us!

Like us on Facebook facebook.com/YMCAOakville

Follow us on Twitter @YMCAOakville.

You can also get the latest information on programs and events by subscribing to our monthly newsletter or email updates.

Sign up through our website or send an email to communications@oakville.ymca.ca.

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