



# Program Schedule

September 2, 2014 to January 4, 2015

YMCA of Oakville

Peter Gilgan Family YMCA

MONDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
	5:30 AM												
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All facility areas close at 9:45 pm

TUESDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
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All facility areas close at 9:45 pm



# Hours of Operation

Monday to Friday 5:30 am – 10:00 pm  
 Saturday 7:00 am – 6:00 pm  
 Sunday 8:00 am – 6:00 pm

# YMCA of Oakville

Peter Gilgan Family YMCA

WEDNESDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
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All facility areas close at 9:45 pm

THURSDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
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All facility areas close at 9:45 pm



# Holiday Hours

9:00 a.m. – 5:00 p.m.

Open: Thanksgiving, October 13; Christmas Eve, December 24; Boxing Day, December 26;  
New Year's Eve, December 31; New Year's Day, January 1, 2015

Closed: Christmas Day, December 25

# YMCA of Oakville

Peter Gilgan Family YMCA

FRIDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM													
6:30 AM													
7:00 AM	Ⓡ Get to the core of it (6 weeks) 7:00-7:45												
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM													
9:30 AM	Bar Blast 9:30-10:30												
10:00 AM													
10:30 AM													
11:00 AM	Gentle Fit 10:45-11:45												
11:30 AM		Family Gym Kidz 11:00-12:15											
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6:00 PM													
6:30 PM	Zumba 6:00-7:00												
7:00 PM													
7:30 PM													
8:00 PM	Youth Sports 8-13 yrs 7:15-9:30												
8:30 PM		Teen Basketball 7:15-9:30											
9:00 PM													
9:30 PM													
10:00 PM													

All facility areas close at 9:45 pm

SATURDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM	Step'n Sculpt 8:00-9:15												
9:00 AM													
9:30 AM													
10:00 AM													
10:30 AM	Family Gym Kids 10:00-11:30												
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4:00 PM	Badminton 3:15-4:15												
4:30 PM													
5:00 PM	Adult Volleyball 4:30-5:45												
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All facility areas close at 5:45 pm

### Legend

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

- Adult/unsupervised programs
- Child/supervised programs
- Open swim or open program
- Community program and birthday party bookings
- Closed

- Ⓢ 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 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.



# Program Schedule

September 2, 2014 to January 4, 2015

YMCA of Oakville  
Peter Gilgan Family YMCA

SUNDAY	Gyms		Multi purpose Rooms					Adventure Centre	Leisure Pool	Main Pool					
	1	2	1	2	3	4	5			20m	25m	25m	25m		
8:00 AM															
8:30 AM	Ⓜ Ⓟ Adult Taekwondo All Levels 8:30-9:45		Yoga Fitness 9:00-9:45												
9:00 AM															
9:30 AM															
10:00 AM	Total Body Conditioning 10:00-11:00		Available for Birthday Parties 10:00-5:30 Call 905-845-5597 ext. 433 to book or for details.												
10:30 AM															
11:00 AM															
11:30 AM	Family Boot Camp 7+yrs 11:30-12:15	Ⓢ Soccer 11:30-12:15 3yrs					Ⓜ Ⓟ Taekwondo Rep Team 10:30-12:30								
12:00 PM															
12:30 PM															
1:00 PM															
1:30 PM	Available for Birthday Parties 12:15-4:30 Call 905-845-5597 ext. 433 to book or for details.														
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM															
4:30 PM		Adult Basketball 4:30-5:45													
5:00 PM															
5:30 PM															
6:00 PM															

All facility areas close at 5:45 pm

## Child Minding

Available for children 4 weeks to 10 years at an additional charge. Cost \$6/hr per child. Save with a 20 hr child minding card: \$70 for single child or \$100 two children

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

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

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

Saturday: 8:30 am-12 pm

Sunday: closed

Holidays: 9 am-12 pm



## Members & Guests

Membership cards must be swiped with each visit and 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. Wrist bands must be worn.

## Change Room Policy

Family Change Room stalls are for everyone's use. Please do not hold or reserve stalls 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

Your feedback is important and we value your questions, opinions and comments.

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

## Pool Closure

Our pools will be closed from Tuesday, September 2 to Saturday, September 13 for annual maintenance. The pools will reopen Sunday, September 14 at 8:00 am under the fall program schedule.

## Registered Programs

All registered programs will be available for registration as of Friday August 15, 2014.

## Coming Soon! Family Change Room Renovations

We are excited to be renovating our family change room and youth room to offer you more space, additional lockers and more individual change rooms. This project will affect the operation of both the family change room and youth room for an approximate closure of 6-8 weeks. Families and persons with a disability who frequently use the family change room will have access to the general change room during this time.

## Youth Room

Open to youth 9+ years  
Monday to Wednesday:  
4:30-8:30 p.m.  
Friday: 5:30-9:30 p.m.

## Birthday Parties/Room Bookings

**Book your special celebration with us!**  
Visit [ymcaoakville.org](http://ymcaoakville.org) for information on birthday party packages and room bookings, or call Sandra Rippin at 905-845-5597, ext. 433.



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 [ymcaoakville.com/donate](http://ymcaoakville.com/donate).

## Financial Assistance

As a charity, 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.

YMCA of Oakville

Peter Gilgan Family YMCA

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