YMCA of Oakville

Summer Schedule

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

MONDAY

	Gyms 1	Gyms 2	Multipurpose Rooms 1	Multipurpose Rooms 2	Multipurpose Rooms 3	Multipurpose Rooms 4	Multipurpose Rooms 5	Adventure Centre
5:30 AM								
6:00 AM							$ Cycle Fit 6:00-6:45	Wellness Floor: $ R Team Beats HIIT 9:00-10:00
6:30 AM								
7:00 AM		$ R Camp Care 7:00-9:00	$ R Camp Care 7:00-9:00		$ R Camp Care 7:00-8:30	$ R Camp Care 7:00-9:00		
7:30 AM								
8:00 AM	R Parkinsons 8:00-9:00				$ R Aquatics Certification Courses 8:30-10:30		$ Cycle Fit 8:00-9:00	$ R Aquatics 8:30-9:15
8:30 AM								
9:00 AM			Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45			Tabata Matwork 9:30-10:15	Jungle Run 2-5 yrs 9:30-11:00
9:30 AM	Zumba 9:30-10:30						$ TRX 10:15-11:00	
10:00 AM					$ R Camp 10:30-11:15			
10:30 AM	Gentle Fit 10:45-11:45	Family Gym Kids 0-6 yrs 11:00-12:15	$ R Camp 11:00-1:00	$ R Camp 11:00-12:00			Babies and Me 11:00-11:45	
11:00 AM								
11:30 AM							$ Cycle Fit 12:10-12:45	
12:00 PM	$ R Camp 12:00-1:30					$ R Camp 9:00-4:00		
12:30 PM								
1:00 PM			$ R Aquatics Certification Courses 1:00-4:00	$ R Aquatics Certification Courses 12:00-4:00	$ R Aquatics Certification Courses 11:15-4:00		$ R Camp 1:00-4:00	$ R Camp 11:15-4:00
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00						
2:00 PM								
2:30 PM								
3:00 PM	$ R Camp 3:00-4:00	Basketball 13+ yrs 3:15-6:00						
3:30 PM								
4:00 PM			$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-5:30	Open Climb 4:15-5:45
4:30 PM	$ R Camp Care 4:00-6:00							
5:00 PM								
5:30 PM								
6:00 PM	Zumba 6:15-7:15		Game On 6-12 yrs 6:00-7:30				$ Cycle Fit 6:00-6:45	Jungle Run 2-5 yrs 6:00-7:15
6:30 PM								
7:00 PM								
7:30 PM	$ Adult Volleyball 7:30-8:45						$ TRX 7:30-8:15	Open Climb 7:30-8:30
8:00 PM			Mindful Yoga/Sunset Yoga (Outside) 8:15-9:15					
8:30 PM								
9:00 PM	$ Adult Volleyball 8:45-10:00							
9:30 PM								
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM				ALL FACILITY AREAS CLOSE AT 10:00 PM			

	Leisure Pool	Main Pool 20m	Main Pool 23m & 25m	Main Pool 25m	Main Pool 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	Adult Lane Swim 5:45-4:30
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Swim 8:00-10:00				
8:30 AM					
9:00 AM			Aqua Fit 9:00-9:45		
9:30 AM	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	$ R Aquatics Certification Courses 9:45-4:30	
10:00 AM					
10:30 AM	$ R Camp 11:00-1:00				
11:00 AM			Aqua Fit 12:15-1:00		
11:30 AM					
12:00 PM			$ R Camp 1:00-2:30		
12:30 PM	Open Swim 1:00-4:30 Camp Swim 2:30-3:00	Open Swim 2:30-4:30	$ R Aquatics Certification Courses 9:45-4:30		
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00			R Aquatic Mentorship Program 4:30-7:15
5:00 PM					
5:30 PM					R Youth Master 7:15-8:00
6:00 PM					
6:30 PM	Open Swim 7:15-9:30	Open Swim 8:00-10:00	R Adult Beginner 8:00-8:30 Open Swim 8:30-10:00	Adult Lane Swim 8:00-10:00	
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM	CLOSED				
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM				

TUESDAY

	Gyms 1	Gyms 2	Multipurpose Rooms 1	Multipurpose Rooms 2	Multipurpose Rooms 3	Multipurpose Rooms 4	Multipurpose Rooms 5	Adventure Centre
5:30 AM								
6:00 AM			Sunrise Yoga (Outside) 6:00-6:45					
6:30 AM								
7:00 AM			$ R Camp Care 7:00-9:00		$ R Camp Care 7:00-8:30	$ R Camp Care 7:00-9:00	$ R Camp Care 7:00-9:00	
7:30 AM								
8:00 AM	Core 8:00-8:45				$ R Aquatics Certification Courses 8:30-10:00			$ R Aquatics 8:00-9:15
8:30 AM								
9:00 AM			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
9:30 AM	Circuit Fit 9:15-10:15				TBC Gold 10:15-11:00			
10:00 AM							Strong by Zumba 10:30-11:30	
10:30 AM	Yoga 10:30-11:30		$ R Camp 11:00-1:00	$ R Camp 11:00-12:00				
11:00 AM								
11:30 AM							$ TRX Boot Camp 12:15-1:00	
12:00 PM	Adult Basketball 11:45-1:15	$ R Camp 11:45-1:15			$ R Aquatics Certification Courses 11:00-4:00	$ R Camp 9:00-4:00		
12:30 PM								
1:00 PM			$ R Aquatics Certification Courses 1:00-4:00	$ R Aquatics Certification Courses 12:00-4:00			$ Barre 1:30-2:15	
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00						
2:00 PM								
2:30 PM							$ R Camp 2:30-4:00	
3:00 PM		$ R Camp 3:00-4:00						Open Climb 11:30-8:30
3:30 PM	Basketball 13+ yrs 3:15-6:00							
4:00 PM		$ R Camp Care 4:00-6:00	$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00	
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	HIIT 6:00-6:45	Game On 6-12 yrs 6:00-7:45			Playtime 2-5 yrs 6:15-7:15		Yoga Fitness 6:15-7:15	
6:30 PM			Family Zumba 6:30-7:15					
7:00 PM	Core 7:00-7:45							
7:30 PM			Adult Jiu-Jitsu 7:30-9:30				$ Cycle Fit 7:30-8:30	
8:00 PM	Adult Basketball 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			

	Leisure Pool	Main Pool 20m	Main Pool 23m & 25m	Main Pool 25m	Main Pool 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	Adult Lane Swim 5:45-4:30
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Swim 8:00-10:00				
8:30 AM					
9:00 AM			Aqua Fit 9:00-9:45		
9:30 AM	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	$ R Aquatics Certification Courses 9:45-4:30	
10:00 AM					
10:30 AM	$ R Camp 11:00-1:00				
11:00 AM			Aqua Fit 12:15-1:00		
11:30 AM					
12:00 PM			$ R Camp 1:00-2:30		
12:30 PM	Open Swim 1:00-4:30 Camp Swim 2:30-3:00	Open Swim 2:30-4:30	$ R Aquatics Certification Courses 9:45-4:30		
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00			R Aquatic Mentorship Program 4:30-7:15
5:00 PM					
5:30 PM					R Youth Master 7:15-8:00
6:00 PM					
6:30 PM	Open Swim 7:15-9:30	Aqua Fit 8:00-8:45 Open Swim 8:45-10:00		Adult Lane Swim 8:00-10:00	
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM	CLOSED				
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM				

YMCA of Oakville

Summer Schedule

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

WEDNESDAY

	Gyms 1	Gyms 2	Multipurpose Rooms 1	Multipurpose Rooms 2	Multipurpose Rooms 3	Multipurpose Rooms 4	Multipurpose Rooms 5	Adventure Centre
5:30 AM								
6:00 AM							S Cycle Fit 6:00-6:45	Wellness Floor: Group Interval 9:00-9:45
6:30 AM								
7:00 AM			$ R Camp Care 7:00-9:00		$ R Camp Care 7:00-9:00			
7:30 AM							Total Fusion 8:00-8:45	$ R Aquatics 8:00-9:15
8:00 AM	R Parkinsons 8:00-9:00							
8:30 AM								
9:00 AM			Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45	$ R Aquatics Certification Courses 9:00-4:00	$ R Camp 9:00-4:00	Zumba Gold 9:00-10:00	Jungle Run 2-5 yrs 9:30-11:00
9:30 AM	Bars and Plates 9:30-10:30							
10:00 AM							Kettlebell Basics 10:15-11:15	
10:30 AM								
11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids 0-6 yrs 11:00-12:15	Babies and Me 11:00-11:45					$ R Camp 11:15-3:45
11:30 AM								
12:00 PM	$ R Camp 12:00-1:30		$ R Camp 12:00-1:00				S Cycle Fit 12:10-12:45	
12:30 PM								
1:00 PM			$ R Aquatics Certification Courses 1:00-4:00	$ R Aquatics Certification Courses 12:00-4:00				
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00					Yoga Fitness 1:30-2:30	
2:00 PM								
2:30 PM								
3:00 PM	$ R Camp 3:00-4:00						$ R Camp 2:45-4:00	
3:30 PM		Basketball 13+ yrs 3:15-6:00						
4:00 PM			$ 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 Yellow & Orange Belts 6:00-6:45 Green & Blue Stripe 6:45-7:30 Blue & Red 7:30-8:15 Adult & Black Belts 8:15-9:00	$ R Aquatics 4:00-4:45
4:30 PM	$ R Camp Care 4:00-6:00							Open Climb 4:45-5:45
5:00 PM								
5:30 PM								Jungle Run 2-5 yrs 6:00-7:15
6:00 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15			Wellness Floor: $ R Team Beats MMA 6:30-7:30			
7:00 PM								
7:30 PM	Adult Badminton 7:30-10:00							Open Climb 7:30-8:30
8:00 PM								
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			

	Leisure Pool	Main Pool 20m	Main Pool 23m & 25m	Main Pool 25m	Main Pool 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	Adult Lane Swim 5:45-4:30
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Swim 8:00-10:00				
8:30 AM					
9:00 AM		Aqua Fit 9:00-9:45			
9:30 AM	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		
10:00 AM					
10:30 AM	$ R Camp 11:00-1:00				
11:00 AM		Aqua Fit 12:15-1:00		$ R Aquatics Certification Courses 9:45-4:30	
11:30 AM					
12:00 PM	Open Swim 1:00-4:30 Camp Swim 2:30-3:00	$ R Camp 1:00-2:30			
12:30 PM					
1:00 PM		Open Swim 2:30-4:30	$ R Aquatics Certification Courses 9:45-4:30		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00			R Aquatic Mentorship Program 4:30-7:15
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Open Swim 7:15-9:30	Open Swim 8:00-10:00	R Adult Inter. 8:00-8:30 Open Swim 8:30-10:00	Adult Lane Swim 8:00-10:00	
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM	CLOSED				
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM				

THURSDAY

	Gyms 1	Gyms 2	Multipurpose Rooms 1	Multipurpose Rooms 2	Multipurpose Rooms 3	Multipurpose Rooms 4	Multipurpose Rooms 5	Adventure Centre
5:30 AM								
6:00 AM								
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	Core 8:00-8:45							$ R Aquatics 8:00-9:15
8:30 AM								
9:00 AM			Creative Creations 2-5 yrs 9:15-10:45	Morning Mix 6-12 yrs 9:15-10:45	$ R Aquatics Certification Courses 9:00-4:00	$ R Camp 9:00-4:00	S Cycle Fit 9:15-10:00	Jungle Run 2-5 yrs 9:30-11:00
9:30 AM	HIIT (High Intensity Interval Training) 9:15-10:15							
10:00 AM							Strong by Zumba 10:30-11:30	
10:30 AM	Yoga Fitness 10:30-11:30							
11:00 AM			$ R Camp 11:00-1:00	$ R Camp 11:00-12:00			S TRX Boot Camp 12:00-12:45	$ R Camp 11:15-4:00
11:30 AM								
12:00 PM	Adult Basketball 11:45-1:15	$ R Camp 11:45-1:15						
12:30 PM								
1:00 PM			$ R Aquatics Certification Courses 1:00-4:00	$ R Aquatics Certification Courses 12:00-4:00			$ R Camp 1:00-4:00	
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00						
2:00 PM								
2:30 PM								
3:00 PM	$ R Camp 3:00-4:00						$ R Camp Care 4:00-4:30	
3:30 PM		Basketball 13+ yrs 3:15-6:45						
4:00 PM			$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00			
4:30 PM	$ R Camp Care 4:00-6:00							
5:00 PM							S Barre 5:00-6:00	
5:30 PM								
6:00 PM			Game On 6-12 yrs 6:15-7:15	Play Time 2-5 yrs 6:15-7:15			Power Yoga 6:15-7:15	Open Climb 4:15-8:30
6:30 PM								
7:00 PM	Strong by Zumba 7:00-8:00					Room Booking: Young Leaders Initiative 7:00-9:30		
7:30 PM			M R Adult Jiu-Jitsu 7:30-9:30				S Cycle Fit 7:30-8:30	
8:00 PM	Adult Basketball 8:15-10:00							
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			

	Leisure Pool	Main Pool 20m	Main Pool 23m & 25m	Main Pool 25m	Main Pool 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	Adult Lane Swim 5:45-4:30
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Swim 8:00-10:00				
8:30 AM					
9:00 AM		Aqua Fit 9:00-9:45			
9:30 AM	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		
10:00 AM					
10:30 AM	$ R Camp 11:00-1:00				
11:00 AM		Aqua Fit 12:15-1:00		$ R Aquatics Certification Courses 9:45-4:30	
11:30 AM					
12:00 PM	Open Swim 1:00-4:30 Camp Swim 2:30-3:00	$ R Camp 1:00-2:30			
12:30 PM					
1:00 PM		Open Swim 2:30-4:30	$ R Aquatics Certification Courses 9:45-4:30		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00			R Aquatic Mentorship Program 4:30-7:15
4:30 PM					
5:00 PM					
5:30 PM					R Youth Master 7:15-8:00
6:00 PM					
6:30 PM	Open Swim 7:15-9:30	Aqua Fit 8:00-8:45 Open Swim 8:45-10:00		Adult Lane Swim 8:00-10:00	
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM	CLOSED				
10:00 PM	ALL FACILITY AREAS CLOSE AT 10:00 PM				

YMCA of Oakville

Summer Schedule

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

FRIDAY

	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
5:30 AM									CLOSED				
6:00 AM							S 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					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
7:30 AM													
8:00 AM	R Parkinsons 8:00-9:00						S Cycle Fit 8:00-9:00	$ R Aquatics 8:00-9:15	Open Swim 8:00-9:45				
8:30 AM													
9:00 AM							Kettlebell WOW 9:15-10:00			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			Jungle Run 2-5 yrs 9:30-11:00	$ R Camp 9:45-12:00				
10:00 AM													
10:30 AM							S TRX 10:15-11:00			Open Swim 9:45-1:00	$ R Aquatics Certification Courses 9:45-1:00		
11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids 0-6 yrs 11:00-12:15	$ R Camp 11:00-11:45		$ R Camp 11:00-4:00	$ R Camp 9:00-4:00	S Barre 11:00-12:00						
11:30 AM													
12:00 PM	$ R Camp 12:00-1:30		$ R Aquatics Certification Courses 12:00-4:00				S Cycle Fit 12:10-12:45		Open Swim 12:00-4:30 Camp Swim 2:30-3:00		$ R Camp 12:00-1:00		
12:30 PM													
1:00 PM							$ R Camp 1:00-4:00	Open Climb 11:30-5:45		$ R Aquatics Certification Exam 1:00-4:30			
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00											
2:00 PM													
2:30 PM													
3:00 PM	$ R Camp 3:00-4:00												
3:30 PM		Basketball 13+ yrs 3:15-6:00											
4:00 PM							M R Taekwondo - *Parent Sign In/Out* 7 yrs Beginners & Yellow Stripe 5:00-5:30 Yellow to Orange 5:30-6:15 Green & Blue Stripe 6:15-7:15 Blue to Red 7:15-8:15 Adult & Black Belts 8:15-9:15		Parent & Tot 5:15-5:45	R Swim Lessons 4:30-8:00		R Aquatic Mentorship Program 4:30-7:15 R Aquatic Leaders 5:15-6:15	
4:30 PM	$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00		$ R Camp Care 4:00-6:00								
5:00 PM													
5:30 PM													
6:00 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15						Jungle Run 2-5 yrs 6:00-7:15					
6:30 PM													
7:00 PM													
7:30 PM		Basketball 13+ yrs 7:30-9:30						Open Climb 7:30-8:30	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	
8:00 PM													
8:30 PM													
9:00 PM									CLOSED				
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 ymcaofoakville.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

YMCA of Oakville

Summer Schedule

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

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						S Cycle Fit 8:30-9:30						
9:00 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
9:30 AM													
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													
11:00 AM	Boot Camp (Outside) 11:00-12:00												
11:30 AM								Open Climb 11:30-3:15					
12:00 PM		Available for Birthday Parties 12:00-3:00 For more information, please see below			Available for Birthday Parties 12:00-5:30 For more information, please see below		Community Programs 12:00-5:30		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	
12:30 PM													
1:00 PM													
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM	Family Badminton 3:15-4:15							Birthday Parties 3:30-4:45					
3:30 PM													
4:00 PM													
4:30 PM	Adult Volleyball 4:30-7:00												
5:00 PM											Open Swim 5:00-7:00		
5:30 PM													
6:00 PM													
6:30 PM									CLOSED				
7:00 PM	ALL FACILITY AREAS CLOSE AT 7:00 PM				ALL FACILITY AREAS CLOSE AT 7:00 PM				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									Open Swim 7:00-6:30	Open Swim 7:00-7:00	Family Lane Swim 7:00-9:00 (25m only)	Adult Lane Swim 7:00-7:00	
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM	Yoga Fitness 9:00-9:45						S Cycle Fit 9:00-10:00	Kids Only Climb 6-12 yrs 9:00-10:45			$ R Private Swim Lessons 9:00-2:00		
9:30 AM													
10:00 AM	HIIT (High Intensity Interval Training) 10:00-10:45						S Barre 10:15-11:15						
10:30 AM													
11:00 AM	Family Badminton 11:00-1:00						S TRX 11:15-12:00	Open Climb 11:00-1:00					
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM		Available for Birthday Parties 1:00-4:45 For more information, please see below	Available for Birthday Parties 1:00-5:00 For more information, please see below			Available for Birthday Parties 1:00-5:00 For more information, please see below		Birthday Parties 1:15-3:00					
1:30 PM											Family Lane Swim 2:00-7:00 (25m only)		
2:00 PM													
2:30 PM													
3:00 PM													
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									CLOSED				
7:00 PM	ALL FACILITY AREAS CLOSE AT 7:00 PM				ALL FACILITY AREAS CLOSE AT 7:00 PM				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.ymcaofoakville.org
Email: customerservice@oakville.ymca.ca

Follow us on social media!

facebook.com/YMCAOakville
twitter.com/YMCAOakville
instagram.com/YMCAofOakville