



YMCA of Oakville
Fall 2017 - Spring 2018

A photograph of two young girls with dark hair in pigtails, smiling and splashing in a swimming pool. The girl in the foreground is wearing a pink and white swimsuit, and the girl behind her is wearing a red and yellow swimsuit. The background is a bright, slightly blurred view of the pool and sky.

YMCA Community Program Guide

More for you at the Y



We're more than just a gym and swim!

Drop by, connect with friends, enjoy quality, active time with your family and find the encouragement and support to achieve your fitness goals.

More value

A YMCA membership is all-inclusive! For one monthly fee, you get access to:

- 80+ group fitness classes
- Family friendly programming
- Wellness Centre with fitness equipment that connects your workout to a cloud-based mywellness® platform
- Continuous swim lessons
- Complimentary personalized fitness plan
- Youth, teen and leadership programs and more!

Whatever your goals, our knowledgeable staff can help assess and guide you. Visit our membership services desk to find out more about membership or visit our website at ymcaofOakville.org.

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

Pre-Rookie (5-8 yrs)

Learn front and back crawl in preparation for deep end and lane swimming. No fear in water is the only requirement.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Member	Non-Member
Mar 12-16	Mon-Fri	8:30-4:30 pm	\$270	\$300

LSS National Lifeguard Services (16+ yrs)

This is a nationally recognized Lifeguarding program. The course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. *Prerequisites: Must be at least 16 yrs old; hold Bronze Cross and Standard First Aid + CPR "C".*

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Member	Non-Member
Mar 12-16	Mon-Fri	8:30-4:30 pm	\$350	\$390

Volunteer Ready (12-18 yrs)

With the funding provided from the Ontario Trillium Foundation, the YMCA of Oakville and Community Youth in Action Network (CYAN) present this program which is designed to prepare and engage youth in voluntary service opportunities throughout our local community. Registration takes place through the YMCA, commencing in January 2018.

Session	Location	Day	Time	Cost
Mar 12-16	Peter Gilgan Family YMCA 410 Rebecca St.	Tues/Wed/ Thur	9:00-4:00 pm	FREE
	CYAN 2200 Sawgrass Dr.	Mon/Fri		

Funding provided by the Ontario Trillium Foundation



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, contact Tammy Smith, Supervisor, Philanthropic Engagement at tammysm@oakville.ymca.ca to find out more.

March Break Camp Registration

November 14, 2017

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
Sept 7-Nov 24	Thur	10:00-11:30 am	Free Drop-in
Mar 23-Nov 30			

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
Sept 6- June 20	Wed	1:00-2:00 pm	Free Drop-in

No Class Dec 27, Jan 3, 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
Sept 2- June 29	Mon & Fri	9:00-11:00 am	Free Drop-in

No class Sept 4, Oct 9, Dec 25, 29, Jan 1, 5, 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
Sept 12-June 19	Tues	9:30-11:00 am	Free Drop-in

No class on Dec 26, Jan 2, 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.

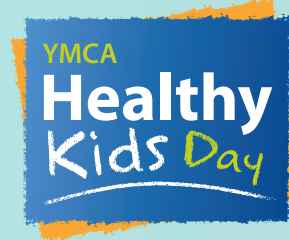
Choose from:

- Gym Kids (2-6 yrs)
- Bricks 4 Kidz (5-11 yrs)
- Swim Party (2-12 yrs)
- Rock Climbing (7-14 yrs)
- Sports Parties (7-14 yrs)

For booking, contact Sandra Rippin at sandrari@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
Sept 12- Jan 30	Tue	3:30-6:00 pm	18	\$400	\$440
Sept 13- Jan 31	Wed				
Sept 14- Feb 1	Thur	3:30-8:30 pm			

No class on Dec 27 and Jan 3

At Home Private Piano Lessons (All Ages)

This program is perfect for the person who would prefer to stay at home for their lesson. Lessons will follow the same format as our private lessons with the added convenience of learning at home. Once you have purchased your package our private instructor will contact you to discuss class times and availability.

Location: Student's Home

Session	Day	Time	Classes	Member	Non-member
Sept 12-Feb 1	Tue	Varies on availability	18	\$450	\$500
	Wed				
	Thur				

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
Oct 2-Oct 30 Nov 13-Dec 4	5-7 yrs	Mon	4:30-5:15 pm	4	\$10
	8-10 yrs		5:30-6:15 pm		
	11-13 yrs		6:30-7:15 pm		

No class on Oct 9

Master Cook Kids Christmas Treats (5-13 yrs)

This 2-week program will teach kids how to prepare delicious holiday-themed treats! Skills for each session will vary based on age group.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Age	Day	Time	Classes	Cost
Dec 11 & 18	5-7 yrs	Mon	4:30-5:15 pm	2	\$5
	8-10 yrs		5:30-6:15 pm		
	11-13 yrs		6:30-7:15 pm		

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
Oct 15	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
Sept 10 Oct 22 Nov 12 Dec 10	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
Sept 17 Oct 29 Nov 19 Dec 17	Sun	9:00 am- 4:00 pm	1	\$60	\$65



**Summer Camp
Registration
January 30, 2018**

Family, Children and Teen Programs

NEW Introduction to Resistance Training (10-12 yrs)

This introductory course teaches youth how to use equipment in the wellness area in a safe and effective way while under the supervision of a trained wellness coach.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Members	Non-Members
Sept 11-Oct 16 Oct 23-Nov 27 Dec 4-18	Mon	4:45-5:45 pm	Included	Members Only
Sept 13-Oct 18 Oct 25-Nov 29 Dec 6-20	Wed			
Sept 15-Oct 20 Oct 27-Dec 1 Dec 8-22	Fri			

Multi-Sport Leadership (8-12 yrs)

This 6-week program will give participants the opportunity to develop skills in a variety of sports, including soccer, basketball, floor hockey & lacrosse, through an assortment of scrimmages and games.

Location: St. Mary Catholic Elementary School, 2175 Colonel William

Session	Day	Time	Members	Non-Members
Oct 16-Nov 20 Jan 8-Mar 5 Apr 23-June 11	Mon	7:00-8:00 pm	\$25	\$30

Location: Munns Public School, 1551 Sixth Line.

Session	Day	Time	Members	Non-Members
Oct 10-Nov 14 Jan 23-Feb 27 May 8-June 12	Tue	7:00-8:00 pm	\$25	\$30

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

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

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

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
Sept 22- Dec 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
Sept 22- Dec 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
Sept 23 - Dec 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
Sept 23 - Dec 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: HMC Connections, 1090 Speers Rd.

Session	Day	Time	Cost
Oct 5- Dec 7	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: HMC Connections, 1090 Speers Rd.

Session	Day	Time	Classes	Cost
Oct 4 - Dec 13	Wed*	6:00-7:45 pm	13	FREE

*Every other Wednesday

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
Sept 21-Oct 26 Nov 9-Dec 14	Thur	5:30-7:15 pm	FREE



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 Advanced Pilates (16+ yrs)

Take your Pilates practice to a new level. Challenge your basic skills with a more advanced repertoire of exercises utilizing small equipment. Emphasis on alignment, breathing, developing a strong core and improving balance. Previous Pilates experience is a prerequisite.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Oct 5-Nov 9	Thur	5:00-6:00 pm	6	\$50	\$75

Mommies To Be Prenatal Fitness

Staying active during pregnancy is beneficial for weight management, muscle strength and endurance to help prepare you for childbirth and beyond. Please consult with your doctor prior to starting any new exercise routine.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Sept 12-Oct 17	Tue	5:45- 6:30 pm	6	Included	\$50
Nov 7-Dec 12					

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
Sept 11-Oct 23 Oct 30-Dec 4	Mon	11:00-11:45 am	6	Included	\$50
Sept 13-Oct 18 Nov 1-Dec 6	Wed	10:45-11:30 am			
Sept 15-Oct 20 Nov 3-Dec 8	Fri	11:00-11:45 am			

No class Oct 9

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
Oct 3- Nov 7	Tue	6:00-6:45 am	6	Included	\$50

NEW Fundamentals of Weight Training

Learn how to safely and effectively weight train using free weights and Olympic bars. The basic lifts will be taught to emphasize body alignment and technique. Great for those new to weight training and wish to develop their skills.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Sept 18-Oct 30 Nov 6-Dec 11	Mon	9:00-10:00 am	6	\$50	\$75

No class Oct 9

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 10K Hamilton Marathon of Hope on November 4.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Sept 20-Nov 1	Wed	9:00-10:00 am	7	Included	\$50

Half Marathon Running Clinic (16+ yrs)

This 17-week training schedule is ideal for first-time half-marathoners and experienced runners. We recommend three or four runs per week. Two runs per week will be with the group. Goal Race: Chilly Half Marathon, Burlington, March 5, 2018

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Nov 4-Feb 28	Wed	7:00-8:00 pm	17	Included	\$50
	Sat	8:00-10:30 am			

Adult Master Cook (16+ yrs)

This six-week cooking course is for beginners of all ages and experience levels who are interested in learning how to prepare a healthy meal. This class is focused on helping participants develop cooking skills that are easy, time-efficient, and nutritious. Meals will be prepared in class and ready for you to take home to cook/bake.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Classes	Member	Non-Member
Sept 12-Oct 17 Nov 7-Dec 12	Tue	1:00-2:00 pm 6:30-7:30 pm	6	\$50	\$75



Adult Programs

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
Sept 12-Dec 14	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
Sept 17-Oct 22 Nov 5-Dec 10	Sun	10:00-10:45 am	6	\$50	\$75
Sept 18-Oct 30 Nov 6-Dec 11	Mon	12:00-12:45 pm			

No class on Oct 9

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
Sept 12-Oct 17	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
Sept 11-Dec 12	Mon & Wed	26	8:30-9:30 am 10:30-11:30 am 12:15-1:00 pm (AquaFit)	Included	\$90
			6:00-7:00 pm		
Sept 12-Dec 14	Tue & Thur				

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
Sept 11-Dec 15	Mon, Wed, Fri	8:30-9:30 am 10:30-11:30 am	Included	\$120

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
Kickstart your exercise plan	Sept 25, 26	Mon: 11:30-12:30 pm Tue: 6:00-7:00 pm	Free
Strength Training & Goal Setting	Oct 30, Nov 7		
Healthy Eating	Nov 27, 28		



Aquatics Programs

Adult Beginner Lessons (16+ yrs)

Swim lessons designed to introduce the water, plus some basic swimming skills and techniques.

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon: 10:30-11:00 am 8:00-8:30 pm Tue: 10:30-11:00 am	12	Included	\$140

Adult Intermediate Lessons (16+ yrs)

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

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Wed: 10:30-11:00 am 8:00-8:30 pm	12	Included	\$140

Adult Master Swim (18+ yrs)

This class provides an opportunity to improve technique, skills and speed based on personal fitness goals created through coached swimming workouts. *Participants must be able to swim 200m.*

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon: 11:00-12:00 am Wed: 9:00-10:00 pm	12	\$60	\$140

Youth Master Swim

Participants will work on advanced stroke correction and techniques. Swimmers are guided and motivated to reach personal goals and achieve fitness results. *Prerequisite: Must have completed YMCA Star 6.*

Session	Date & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon, Tue & Thur: 5:15- 6:00 pm Sat: 11:15-12:00 pm	12	Included	\$140

Aquatic Leaders

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 member swim lessons. *Prerequisite: Must have completed YMCA Star 6.*

Session	Date & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Fri: 5:15-6:15 pm	12	Included	\$140

Aquatic Mentorship

This program provides the opportunity to assist in delivering our YMCA member swim lessons. Participants will attend pool orientation, train in preparing to assist swim instructors and learn emergency pool procedures. *Prerequisite: Must have completed YMCA Master Swim.*

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon-Fri: 4:30-7:15 pm Sat: 9:45-12:30 pm	12	Included	Members Only

Parent & Tot and Infant CPR (5-35 Months)

Introduce your baby to the water! Learn to blow bubbles, kick and splash using a mix of games, songs and activities.

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon - Thu: 10:00-10:30 am Mon, Tue, Thur, Fri: 5:15-5:45 pm 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	\$140

Swim Lessons (3-16 yrs)

Once you have registered your child, our aquatic staff will automatically enrol them into the next swim level during the program break. Regular attendance is required.

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon- Thur: 10:00-11:00 am or 4:30-8:00 pm Fri: 10:00-12:00 pm Sat: 9:00-12:30 pm	12	Included	Members Only

Additional Swim Lessons (3-16 yrs)

Great for members wanting extra swim time. Sold in 12-week packages and available to Members and Non-Members. Registration available online.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day & Time	Classes	Member	Non-Member
Sept 25-Dec 16	Mon-Fri: 4:30-7:15 pm Sat: 9:00-12:30 pm	12	\$120	\$140



Aquatics Programs

Private & Semi-Private Lessons (All Ages)

Choose from private or semi-private swim lessons, which can be used in addition to the weekly swimming lessons included with your membership. Great option if you or your child would benefit from smaller group lessons. Lessons offered in 4 or 8 week packages.

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day/Time	Classes	Member	Non-Member
Private	<i>To be scheduled with an Aquatics Lesson Facilitator</i>	4	\$150	\$170
		8	\$280	\$300
Semi-Private		4	\$90	\$110
		8	\$155	\$175

LSS Bronze Medallion + Emergency First Aid (13+ yrs)

This course teaches responses to complex water rescue situations, develops physical fitness, decision-making and judgment skills. *Prerequisite: 13 yrs of age OR holds Bronze Star.*

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day & Time	Member	Non-member
Christmas Break: Dec 27-30	Wed-Sat: 9:00-5:00 pm	\$230	\$250

LSS Bronze Cross + Standard First Aid (13+ yrs)

Challenges Lifesavers with more advanced training and introduces safe supervision in aquatic facilities, the principles of teamwork, procedures and use of special equipment. *Prerequisite: Must hold Bronze Medallion and Emergency First Aid with CPR B.*

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day & Time	Member	Non-member
Christmas Break: Dec 27-30	Wed-Sat: 9:00-5:00 pm	\$250	\$270

LSS National Lifeguard Services (16+ yrs)

This is a nationally recognized Lifeguarding program. The course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. *Prerequisites: Must be at least 16 yrs old; hold Bronze Cross and Standard First Aid + CPR "C".*

Location: Peter Gilgan Family YMCA, 410 Rebecca St.

Session	Day	Time	Member	Non-member
Christmas Break: Dec 27-30	Tue-Sat	9:00-5:00 pm	\$330	\$370



Get Involved!

You can make a difference by volunteering or supporting our YMCA Strong Kids campaign to help children, youth and families in need access much needed YMCA programs and services. Visit us to learn more, or attend a free community event like Family Day or YMCA Healthy Kids Day.

Stay Connected!

Check out our website ymcaoakville.org and social media sites to learn more about the YMCA and keep connected all year long.

Healthy living for everyone

As a charitable organization, the YMCA is committed to giving everyone an opportunity to benefit from programs and resources that help them live a healthy life. Financial assistance is made possible thanks to donations to our YMCA Strong Kids campaign.

YMCA
**STRONG
KIDS**
CAMPAIGN

YMCA Peace Week

November 18-25, 2017



Nominate someone from your community today!

Every year, during YMCA Peace Week in November, we recognize youth, adults and groups in our community who make a difference through their charitable work. If you know someone who makes our community a better place to live, nominate them for a YMCA Peace Medal by visiting our website at ymcaoakville.org.

YMCA COMMUNITY BREAKFAST FOR PEACE

Thursday, November 23

Help us celebrate our YMCA Peace Medal recipients and hear from keynote speaker, Gabrielle Scrimshaw, co-founder of a national not-for-profit for Aboriginal Professionals and 2013 First Nations Youth Achiever by Indspire. Tickets on sale online at ymcaoakville.org.



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