

# March Break Schedule

Peter Gilgan Family YMCA | March 12-18, 2018

MONDAY, MARCH 12	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool					
	1	2	1	2	3	4	5			20m	25m	25m	25m		
5:30 AM															
6:00 AM	R Healthy Hearts 8:30-9:30 10:30-11:30							S Cycle Fit 6:00-6:45		Youth Room R \$ Camp 8:30-4:30		Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	Adult Lane Swim 5:45-10:00	
6:30 AM															
7:00 AM	R \$ Camp 7:00-9:15				R \$ Camp 7:00-9:30										
7:30 AM								S Cycle Fit 8:00-9:00							
8:00 AM			R Parkinson's 8:00-9:00					R \$ Aquatics Lifesaving Course 8:30-9:30							
8:30 AM								S Preschool Jungle Run 3-5 yrs 9:30-11:00				Aqua Fit 9:00-9:45			
9:00 AM			S Preschool Creative Hands & Feet 3-5 yrs 9:15-10:45		Morning Mix 6-13 yrs 9:15-10:45										
9:30 AM	Zumba 9:30-10:30				R \$ Aquatics Lifesaving Course 9:30-11:00			Tabata Matwork 9:30-10:15							
10:00 AM								STRX Express 10:15-11:00							
10:30 AM	Gentle Fit 10:45-11:45											R \$ Aquatics Lifesaving Course 10:00-5:00			
11:00 AM		Family Gym Kids 11:00-12:15													
11:30 AM															
12:00 PM	R \$ Camp 12:00-1:30		R \$ Aquatics Lifesaving Course 11:00-3:00					S Cycle Fit 12:10-12:45	Open Climb 11:15-1:15		Open & Camp Swim 11:30-1:00				
12:30 PM															
1:00 PM															
1:30 PM	Game On 6-12 yrs 1:30-3:00	S Preschool Gym Time 3-5 yrs 1:30-3:00						R \$ Aquatics Lifesaving Course 1:00-3:00	R \$ Camp 1:30-3:00			Aqua Fit 1:15-2:00		Adult Lane Swim 5:45-10:00	
2:00 PM					R \$ Camp 11:00-6:00										
2:30 PM															
3:00 PM	R \$ Camp 3:00-5:30														
3:30 PM		M Teen Basketball 3:30-6:00	R \$ Camp 3:00-6:00												
4:00 PM															
4:30 PM									Open Climb 3:15-6:00						
5:00 PM															
5:30 PM															
6:00 PM	Zumba 6:15-7:15			Game On 6-12 yrs 6:00-7:30		Preschool Playtime 3-5 yrs 6:00-7:30		S Cycle Fit 6:00-6:45	M R Climb Lessons 6-8 yrs 6:15-7:30					Adult Lane Swim 5:45-10:00	
6:30 PM															
7:00 PM															
7:30 PM															
8:00 PM	Adult Volleyball 7:30-10:00			Mindful Yoga 8:00-9:00				STRX Express 7:30-8:15	Open Climb 7:30-8:30						
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					ALL FACILITY AREAS CLOSE AT 10:00 PM				

TUESDAY, MARCH 13	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool					
	1	2	1	2	3	4	5			20m	25m	25m	25m		
5:30 AM															
6:00 AM	R Healthy Hearts 6:00-7:00 PM									Youth Room R \$ Camp 8:30-4:30		Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	Adult Lane Swim 5:45-10:00	
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM	Core 8:00-8:45				R \$ Camp 7:00-9:00										
8:30 AM															
9:00 AM															
9:30 AM	Circuit Fit 9:15-10:15		S Preschool Creative Hands & Feet 3-5 yrs 9:15-10:45		Morning Mix 6-13 yrs 9:15-10:45			S Cycle Fit 9:15-10:00						Adult Lane Swim 5:45-10:00	
10:00 AM															
10:30 AM	Yoga 10:30-11:30														
11:00 AM															
11:30 AM	R \$ Camp 11:30-1:00														
12:00 PM															
12:30 PM			R \$ Aquatics Lifesaving Course 11:00-3:00												
1:00 PM															
1:30 PM	Game On 6-12 yrs 1:30-3:00	S Preschool Gym Time 3-5 yrs 1:30-3:00													
2:00 PM															
2:30 PM															
3:00 PM	R \$ Camp 3:00-5:30														
3:30 PM		M Teen Basketball 3:30-6:00	R \$ Camp 3:00-6:00												
4:00 PM															
4:30 PM															
5:00 PM															
5:30 PM															
6:00 PM	HIIT 6:00-6:45														
6:30 PM		Game On 6-12 yrs 6:15-7:15													
7:00 PM	Core 7:00-7:45														
7:30 PM															
8:00 PM															
8:30 PM	M Adult Basketball 8:45-10:00				M R Adult Jiu-Jitsu 7:30-9:30									Adult Lane Swim 5:45-10:00	
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					ALL FACILITY AREAS CLOSE AT 10:00 PM				

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WEDNESDAY, MARCH 14	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool					
	1	2	1	2	3	4	5			20m	25m	25m	25m		
5:30 AM															
6:00 AM	R Healthy Hearts 8:30-9:30 10:30-11:30							S Cycle Fit 6:00-6:45							
6:30 AM															
7:00 AM	R \$ Camp 7:00-9:15												Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	
7:30 AM															
8:00 AM	R \$ Camp 7:00-9:15														
8:30 AM															
9:00 AM															
9:30 AM	Bars & Plates 9:30-10:30														
10:00 AM															
10:30 AM	Gentle Fit 10:45-11:45														
11:00 AM															
11:30 AM															
12:00 PM															
12:30 PM	R \$ Camp 12:00-1:30														
1:00 PM															
1:30 PM	Game On 6-12 yrs 1:30-3:00														
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM	R \$ Camp 3:00-5:30														
4:00 PM															
4:30 PM															
5:00 PM															
5:30 PM															
6:00 PM	Zumba 6:15-7:15														
6:30 PM															
7:00 PM															
7:30 PM	Adult Badminton 7:30-10:00														
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					ALL FACILITY AREAS CLOSE AT 10:00 PM				

THURSDAY, MARCH 15	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool					
	1	2	1	2	3	4	5			20m	25m	25m	25m		
5:30 AM															
6:00 AM	R Healthy Hearts 6:00-7:00 PM														
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM	Core 8:00-8:45														
8:30 AM															
9:00 AM															
9:30 AM	HIIT (High Intensity Interval Training) 9:15-10:15														
10:00 AM															
10:30 AM	Yoga 10:30-11:30														
11:00 AM															
11:30 AM	R \$ Camp 11:30-1:00														
12:00 PM															
12:30 PM															
1:00 PM															
1:30 PM	Game On 6-12 yrs 1:30-3:00														
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM	R \$ Camp 3:00-5:30														
4:00 PM															
4:30 PM															
5:00 PM															
5:30 PM															
6:00 PM															
6:30 PM															
7:00 PM															
7:30 PM	Strong by Zumba 7:30-8:30														
8:00 PM															
8:30 PM	M Adult Basketball 8:45-10:00														
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					ALL FACILITY AREAS CLOSE AT 10:00 PM				

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FRIDAY, MARCH 16	Gyms		Multipurpose 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	R \$ Camp 7:00-9:15									Youth Room R \$ Camp 8:30-4:30					
7:30 AM															
8:00 AM													Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	
8:30 AM															
9:00 AM															
9:30 AM			S Preschool Creative Hands & Feet 3-5 yrs 9:15-10:45	Morning Mix 6-13 yrs 9:15-10:45											
10:00 AM	Cross Training 9:30-10:30							S Preschool Jungle Run 3-5 yrs 9:30-11:00							
10:30 AM	Gentle Fit 10:45-11:45														
11:00 AM		Family Gym Kids 11:00-12:15													
11:30 AM															
12:00 PM															
12:30 PM	R \$ Camp 12:00-1:30														
1:00 PM			R \$ Aquatics Lifesaving Course 11:00-3:00												
1:30 PM															
2:00 PM	Game On 6-12 yrs 1:30-3:00	S Preschool Gym Time 3-5 yrs 1:30-3:00													
2:30 PM															
3:00 PM															
3:30 PM	R \$ Camp 3:00-5:30														
4:00 PM		M Teen Basketball 3:30-5:45													
4:30 PM			R \$ Camp 3:00-6:00												
5:00 PM															
5:30 PM															
6:00 PM															
6:30 PM	Zumba 6:15-7:15	Game On 6:10-7:15													
7:00 PM															
7:30 PM															
8:00 PM	Youth Sports 10+ yrs 7:30-9:30	M Teen Basketball 3:30-6:00													
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					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](http://ymcaofOakville.org).

Legend	Child/Supervised Programs	Adult/Unsupervised Programs	Camp/Community Programs	Open Programs/Room Bookings	Closed	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
	Child/Supervised Programs		Adult/Unsupervised Programs						
	Child/Supervised Programs		Adult/Unsupervised Programs						
	Child/Supervised Programs		Adult/Unsupervised Programs						
	Child/Supervised Programs		Adult/Unsupervised Programs						
	Child/Supervised Programs		Adult/Unsupervised Programs						
	Child/Supervised Programs		Adult/Unsupervised Programs						

*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.*

The Peter Gilgan Family YMCA features two pools, a Wellness Centre with state of the art Technogym equipment, an indoor track, gymnasium and more!

### Hours of Operation

Monday to Friday 5:30 am - 10:00 pm  
Saturday & Sunday 7:00 am - 7:00 pm

### Child Minding Hours

**Monday:** 8:30-12:00, 1:00-3:00, 6:00-8:00  
**Tuesday:** 8:30-12:00, 1:00-3:00, 6:00-8:00  
**Wednesday:** 8:30-12:00, 1:00-3:00, 6:00-8:00  
**Thursday:** 8:30-12:00, 1:00-3:00, 6:00-8:00  
**Friday:** 8:30-12:00, 1:00-3:00  
**Saturday:** 8:30-12:00  
**Sunday:** 9:00-12:00

### Try the Y for a day!

For just \$10, you can access our pools, drop-in programs, fitness classes, Adventure Centre, change rooms and more! Plus, if you become a member within three months, we will deduct your day pass fee!

Swim passes available for \$4 per person. Family swim pass available for \$10 per family.

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SATURDAY, MARCH 17	Gyms		Multipurpose 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	Strong by Zumba 8:00-9:00												
8:30 AM											Aqua Fit 8:00-8:45		Adult Lane Swim 7:00-7:00
9:00 AM													
9:30 AM													
10:00 AM	M Family Boot Camp 7+ yrs 10:00-10:45	Family Gym Kids 10:00-11:30			Preschool Playtime 3-5 yrs 10:00-11:30				S Kids Only Climb 6+ yrs 10:00-11:15				
10:30 AM													
11:00 AM													
11:30 AM	R \$ Jr. NBA 11:15-12:15												
12:00 PM													
12:30 PM		Available for Birthday Parties 12:00-3:00											Adult Lane Swim 7:00-7:00
1:00 PM	R \$ Steve Nash Youth Basketball 12:30-2:45	See below for details							Open Climb 11:30-3:20				
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM	Badminton 3:15-4:15												
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM	Adult Volleyball 4:30-7:00												Adult Lane Swim 7:00-7:00
6:00 PM													
6:30 PM													
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, MARCH 18	Gyms		Multipurpose 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													Adult Lane Swim 7:00-7:00
8:30 AM													
9:00 AM	Yoga Fitness 9:00-9:45												
9:30 AM													
10:00 AM													
10:30 AM													
11:00 AM													
11:30 AM													
12:00 PM													
12:30 PM		S Soccer 3 yrs 11:30-12:15 4-6 yrs 12:15-1:15 7-8 yrs 1:15-2:15											
1:00 PM	Available for Birthday Parties 11:00-4:30												Adult Lane Swim 7:00-7:00
1:30 PM													
2:00 PM	See below for details												
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM	Adult Basketball 4:30-7:00												Adult Lane Swim 7:00-7:00
6:00 PM													
6:30 PM													
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](mailto:birthdayparty@oakville.ymca.ca) to book yours today!

**YMCA of Oakville**  
Peter Gilgan Family YMCA

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905-845-3417 | [www.ymcaofoakville.org](http://www.ymcaofoakville.org)  
Email: [customerservice@oakville.ymca.ca](mailto:customerservice@oakville.ymca.ca)

## Follow us on social media!

-  [facebook.com/YMCAOakville](https://facebook.com/YMCAOakville)
-  [twitter.com/YMCAOakville](https://twitter.com/YMCAOakville)
-  [instagram.com/YMCAofOakville](https://instagram.com/YMCAofOakville)