



# Summer Schedule

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

MONDAY	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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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	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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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	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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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	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m
	5:30 AM												
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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	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	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
6:00 AM								\$ Cycle Fit 6:00-6:45					
6:30 AM									Open Swim 8:00-9:45	Open Swim 9:45-1:00	Aqua Fit 9:00-9:45	Adult Lane Swim 5:45-4:30	
7:00 AM		\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00	\$ R Camp Care 7:00-9:00	\$ R Aquatics 8:00-9:15					
7:30 AM									Jungle Run 9:30-11:00	Open Swim 9:45-1:00	\$ R Aquatics Certification Courses 9:45-1:00	Adult Lane Swim 5:45-4:30	
8:00 AM	\$ R Parkinsons 8:00-9:00							\$ Cycle Fit 8:00-9:00					
8:30 AM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
9:00 AM								Kettlebell WOW 9:15-10:00					
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				\$ R Camp 9:45-12:00	Open Swim 9:45-1:00	\$ R Aquatics Certification Courses 9:45-1:00	Adult Lane Swim 5:45-4:30	
10:00 AM								STRX 10:15-11:00					
10:30 AM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
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 11:00-11:45	\$ R Camp 11:00-11:45	\$ R Camp 11:00-11:45	\$ R Camp 11:00-11:45	S Barre 11:00-12:00					
11:30 AM								\$ Cycle Fit 12:10-12:45	Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
12:00 PM	\$ R Camp 12:00-1:30							\$ R Camp 1:00-4:00					
1:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
1:30 PM	Game On 6-12 yrs 1:30-3:00	Gym Time 2-5 yrs 1:30-3:00	\$ R Aquatics Certification Courses 12:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00	\$ R Aquatics Certification Courses 12:00-4:00	\$ R Camp 1:00-4:00					
2:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
2:30 PM								\$ R Camp 1:00-4:00					
3:00 PM	\$ R Camp 3:00-4:00								Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
3:30 PM													
4:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
4:30 PM	\$ R Camp Care 4:00-6:00	Basketball 13+ yrs 3:15-6:00	\$ 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	\$ R Camp Care 4:00-6:00	M R Taekwondo - Parent Sign In/Out 7 yrs Beginners & Yellow Stripe 5:00-5:30					
5:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
5:30 PM													
6:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
6:30 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:10-7:15						Yellow to Orange 5:30-6:15					
7:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
7:30 PM								Green & Blue Stripe 6:15-7:15					
8:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
8:30 PM								Blue to Red 7:15-8:15					
9:00 PM									Open Swim 12:00-4:30	Camp Swim 2:30-3:00	\$ R Aquatics Certification Exam 1:00-4:30	Adult Lane Swim 5:45-4:30	
9:30 PM								Adult & Black Belts 8:15-9:15					
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 [ymcafoakville.org](http://ymcafoakville.org).

### Legend

<span style="background-color: #d9ead3; border: 1px solid #ccc; padding: 2px;"> </span>	Child/Family/Teen Programs
<span style="background-color: #f4cccc; border: 1px solid #ccc; padding: 2px;"> </span>	Adult Health & Fitness Programs
<span style="background-color: #d9ead3; border: 1px solid #ccc; padding: 2px;"> </span>	Camp/Community Programs
<span style="background-color: #fff2cc; border: 1px solid #ccc; padding: 2px;"> </span>	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

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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														
7:30 AM														
8:00 AM														
8:30 AM	Strong by Zumba 8:30-9:30													
9:00 AM														
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									
10:30 AM	Boot Camp (Outside) 11:00-12:00													
11:00 AM														
11:30 AM														
12:00 PM		Available for Birthday Parties 12:00-3:00												
12:30 PM														
1:00 PM														
1:30 PM														
2:00 PM		For more information, please see below												
2:30 PM														
3:00 PM														
3:30 PM	Family Badminton 3:15-4:15													
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM	Adult Volleyball 4:30-7:00													
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	Gyms		Multipurpose Rooms					Adventure Centre	Leisure Pool	Main Pool				
	1	2	1	2	3	4	5			20m	23m & 25m	25m	25m	
7:00 AM														
7:30 AM														
8:00 AM														
8:30 AM														
9:00 AM	Yoga Fitness 9:00-9:45													
9:30 AM														
10:00 AM	HIIT (High Intensity Interval Training) 10:00-10:45													
10:30 AM														
11:00 AM														
11:30 AM	Family Badminton 11:00-1:00													
12:00 PM														
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1:30 PM		Available for Birthday Parties 1:00-4:45												
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3:00 PM		For more information, please see below												
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5:30 PM	Adult Basketball 5:00-7:00													
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

410 Rebecca Street, Oakville, ON L6K 1K7  
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)