

Fall Schedule

Peter Gilgan Family YMCA | Sept 4 - Dec 22, 2018

MONDAY	Gyms		Multipurpose Rooms					Wellness Centre	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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8:30 AM	R Parkinson's 8:00-9:00																				
9:00 AM																					
9:30 AM	Zumba 9:30-10:30		S Creative Creations 2-5 yrs 9:15-10:45																		
10:00 AM																					
10:30 AM	Gentle Fit 10:45-11:45																				
11:00 AM																					
11:30 AM																					
12:00 PM																					
12:30 PM																					
1:00 PM																					
1:30 PM																					
2:00 PM	Game On 6-12 yrs 1:30-3:00	S Gym Time 2-5 yrs 1:30-3:00																			
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6:30 PM	Zumba 6:15-7:15																				
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8:00 PM	S Adult Volleyball 7:30-8:45																				
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9:00 PM	S Adult Volleyball 8:45-10:00																				
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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					Wellness Centre	Adventure Centre	Leisure Pool	Main Pool										
	1	2	1	2	3	4	5				20m	23m	25m	25m	25m						
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2:30 PM																					
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4:00 PM																					
4:30 PM	Family Basketball 3:30-6:00	Teen Basketball 13+ yrs 3:30-6:00																			
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6:30 PM	HIIT 6:00-6:45	Game On 6-12 yrs 6:00-7:45																			
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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										



Monday to Friday 5:30 am - 10:00 pm
 Saturday & Sunday 7:00 am - 7:00 pm
 Holidays 9:00 am - 5:00 pm



Sept 1-23: Women's General Change Room Renova
 Sept 4-16: Annual Pool Maintenance (POOL CLOSED)
 Sept 24: Swim Lessons Resume

WEDNESDAY	Gyms		Multipurpose Rooms					Wellness Centre	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					Wellness Centre	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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Child minding is included in all children's memberships. Parent/guardian must remain on site while child is in care.

Monday 8:30-12:00, 1:00-3:00, 6:00-8:30
Tuesday 8:30-12:00, 1:00-3:00, 6:00-8:30
Wednesday 8:30-12:00, 1:00-3:00, 6:00-8:30
Thursday 8:30-12:00, 1:00-3:00, 6:00-8:30

Friday 8:30-12:00, 1:00-3:00
Saturday 8:30-12:00
Sunday 9:00-12:00
Holidays 9:00-12:00

FRIDAY	Gyms		Multipurpose Rooms					Wellness Centre	Adventure Centre	Leisure Pool	Main Pool				
	1	2	1	2	3	4	5				20m	23m	25m	25m	25m
5:30 AM										CLOSED UNTIL 8:00	Open Swim 5:30-8:00	Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	Adult Lane Swim 5:45-4:30	
6:00 AM															
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM	R Parkinson's 8:00-9:00														
8:30 AM															
9:00 AM															
9:30 AM	Cross Training 9:30-10:30		S Creative Creations 2-5 yrs 9:15-10:45							S Jungle Run 2-5 yrs 9:30-11:00					
10:00 AM															
10:30 AM	Gentle Fit 10:45-11:45	Family Gym Kids 11:00-12:15			S Barre 10:15-11:15										
11:00 AM															
11:30 AM															
12:00 PM															
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1:00 PM	S Pickleball 1:00-3:00														
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3:00 PM															
3:30 PM															
4:00 PM	Family Basketball 3:30-5:30	Teen Basketball 13+ yrs 3:30-5:45													
4:30 PM															
5:00 PM			M R Taekwondo - Parent Sign In/Out Required												
5:30 PM															
6:00 PM			White Belt Beginners 7+ yrs 5:00-5:40		Yellow Stripe, Yellow Belt 7 yrs 5:00-5:40										
6:30 PM	Zumba 6:15-7:15	Game On 6-12 yrs 6:7-15	Yellow & Orange Stripe 7-9 yrs 5:45-6:40		Yellow & Orange Stripe 10+ yrs 5:45-6:40		S Fun TKD 4-6 yrs (Drop-In) 5:00-5:30								
7:00 PM															
7:30 PM			Green & Blue Stripe 6:45-7:55		Blue & Red Stripe 6:45-7:55										
8:00 PM															
8:30 PM	Sports 10+ yrs 7:30-9:30	Teen Basketball 13+ yrs 7:30-9:30	Black Belt 13 yrs & under 8:00-9:30		Black Belt 14+ yrs 8:00-9:30		Red & Black Stripe 6:45-7:55								
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 ymcafoakville.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 13 yrs must be supervised by an adult (16+ yrs) or participate in a supervised program.
 Program areas close 15 mins prior to building close. Program spaces are not available 15 mins prior to adult classes & 45 mins before some children's classes for program set up.
 Children under 10 yrs not permitted in Wellness Centre at any time.*

Pool Admission Standards

We are committed to providing a safe and enjoyable aquatic experience. The following admission standards are based on Ontario Health Regulations and YMCA Canada Child Protection Policy.

Age	Swim Ability/Test	Test/Supervision Requirements	Wristband
Under 6 yrs	All Abilities	<ul style="list-style-type: none"> • Must be directly supervised by an adult/guardian (16+ yrs) in the water within arms reach • Maximum 2 children:1 adult ratio 	None
Over 6 yrs	Weak/Non-swimmers	<ul style="list-style-type: none"> • Must be directly supervised by adult/guardian (16+ yrs) in the water within arms reach • Maximum 4 children:1 adult ratio 	None
6-9 yrs	Leisure Pool Test	<ul style="list-style-type: none"> • Swim continuously 2 widths in leisure pool • Demonstrate comfort in water independently • Must be supervised by adult/guardian (16+ yrs) in the pool area (visual contact) 	Green
	Main Pool Shallow Test	<ul style="list-style-type: none"> • Swim continuously 30m in main pool • Demonstrate comfort in water independently • Must be supervised by adult/guardian (16+ yrs) in the pool area (visual contact) 	Blue
10+ yrs	Leisure and Main Shallow Test	<ul style="list-style-type: none"> • Ask for green wristband for swimming in leisure pool only • Complete the shallow swim test to access main pool shallow end 	Green Blue
	Main Pool Deep Test	<ul style="list-style-type: none"> • Swim continuously 50m in main pool, jump in deep water, tread water 1 minute 	Red

Those with seizure disorders or other serious medical conditions should be accompanied by an individual (16+ yrs) knowledgeable of their condition and responsible for their direct supervision. Swim tests have no age limit. Any age may be asked to demonstrate their swim ability.

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SATURDAY	Gyms		Multipurpose Rooms					Wellness Centre	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 10:00-11:30	MR Jiu-Jitsu Beginners & Colour Belts 6-8 yrs 9:00-10:00 10:00-11:00		Preschool Playtime 2-5 yrs 10:00-11:30															
10:30 AM																				
11:00 AM	SR Jr. NBA 11:15-12:15		Beginners & Colour Belts 9-12 yrs 11:00-12:30 12:30-2:00		Available for Birthday Parties 12:00-5:30															
11:30 AM																				
12:00 PM		Available for Birthday Parties 12:00-3:00	Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
12:30 PM	SR Steve Nash Basketball 12:30-1:30																			
1:00 PM		For more information, please see below	Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
1:30 PM																				
2:00 PM			Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
2:30 PM																				
3:00 PM			Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
3:30 PM	Family Badminton 3:15-4:15																			
4:00 PM			Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
4:30 PM																				
5:00 PM			Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
5:30 PM	Adult Volleyball 4:30-7:00																			
6:00 PM			Open Class & Testing 13-17 yrs 2:00-3:30		Available for Birthday Parties 12:00-5:30															
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					Wellness Centre	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																				
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9:00 AM	Yoga Fitness 9:00-9:45																			
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10:00 AM	HIIT 10:00-10:45																			
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11:00 AM																				
11:30 AM	Family Badminton 11:00-1:00																			
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1:00 PM	Soccer 3-5 yrs 1:15-2:00	Available for Birthday Parties 1:00-5:00	Available for Birthday Parties 1:00-5:00		Available for Birthday Parties 1:00-5:00															
1:30 PM		For more information, please see below																		
2:00 PM			Available for Birthday Parties 1:00-5:00		Available for Birthday Parties 1:00-5:00															
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5:00 PM			Available for Birthday Parties 1:00-5:00		Available for Birthday Parties 1:00-5:00															
5:30 PM	Adult Basketball 5:00-7:00																			
6:00 PM			Available for Birthday Parties 1:00-5:00		Available for Birthday Parties 1:00-5:00															
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 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

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-  instagram.com/YMCAofOakville