



Holiday Schedule

December 24- January 6, 2019

YMCA of Oakville
Peter Gilgan Family YMCA

	Gym		Multi-purpose Rooms					Adventure Centre	Track	Other Programs		
	1	2	1	2	3	4	5					
Monday Dec. 24 and Dec 31 Open 5:30 am-4:00 pm	Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-9:00 am		Ⓡ School Age Child Care (SACC) 7:00 pm-4:00 pm		Ⓢ Cycle Fit 6:00 am-6:45 am 8:00 am-9:00 am Tabata Matwork 9:30 am-10:15 am Ⓢ TRX Express 10:15 am-11:00 am Ⓢ Cycle Fit 12:10 pm-12:45 pm	Open Climb 12:00 pm-3:00 pm	Ⓡ Parkinson's 8:00 am-9:00 am	Aqua Fit 9:00 am-9:45 am		
	Zumba® 9:30 am-10:30 am		Ⓢ Creative Hands and feet 2.5-5 yrs 9:15 am-10:45 am	Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am					Ⓢ Cycle Fit 12:10 pm-12:45 pm	Aqua Fit 1:15 pm-2:00 pm		
	Gentle Fit 10:45 am-11:45 am		Ⓡ School Age Child Care (SACC) 11:00 pm-4:00 pm						Family Track 2:00 pm-4:00 pm	Parent & Youth Training 2:00 pm-4:00 pm		
	Ⓡ School Age Child Care (SACC) 12:00 pm-4:00 pm											
Tuesday Dec. 25 Closed Jan. 1 Open 9:00 am- 5:00 pm Holiday Schedule												
Wednesday Dec. 26 9:00 am- 5:00 pm Holiday Schedule Jan. 2 Open 5:30 am-10:00 pm	Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-9:00 am		Ⓡ School Age Child Care (SACC) 7:00 am-6:00 pm		Ⓢ Cycle Fit 6:00 am-6:45 am Total Fusion 8:00 am-8:45 am Zumba® Gold 9:00 am-9:45 am Kettlebell Basics 10:15 am-11:15 am Ⓢ Cycle Fit 12:10 pm-12:45 pm Yoga Fitness 1:30 pm-2:30 pm	Ⓢ Jungle Run 2.5-5 yrs 9:30 am-11:00 am Ⓡ Aquatic Leadership 11:00 am-3:00 pm Open Climb 3:15 pm-5:45 pm Ⓢ Jungle Run 2.5-5 yrs 6:00 pm-7:15 pm Open Climb 7:30 pm-8:30 pm	Ⓡ Parkinson's 8:00 am-9:00 am	Aqua Fit 9:00 am-9:45 am		
	Bars & Plate 9:30-10:30 am								Ⓢ Creative Hands and feet 2.5-5 yrs 9:15 am-10:45 am	Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am	Family Track Time 2:00 pm-6:00 pm	Aqua Fit 1:15 pm-2:00 pm
	Gentle Fit 10:45 pm-11:45 pm											Parent & Youth Training 2:00 pm-6:00 pm
	Ⓡ School Age Child Care (SACC) 12:00 pm-1:15 pm	Family Gym Kids 11:00 am-12:15 pm										Youth Room 10+ yrs 4:30 pm-8:30 pm
	Game on 6-12 yrs 1:30 pm-3:00 pm	Ⓢ Gym Time 2.5-5 yrs 1:30 pm-3:00 pm										
	Ⓡ School Age Child Care (SACC) 3:00 pm-6:00 pm	Basketball 13+ yrs 3:30 pm-6:00 pm	Ⓡ School Age Child Care (SACC) 11:00 am-6:00 pm									
	Zumba® 6:15 pm-7:15 pm	Game On 6-12 yrs 6:10 pm-7:15 pm										
	Adult Badminton 7:30 pm-10:00 pm											

Building Hours

Days	Changes	Hours
December 24	Christmas Eve, Closing Early	5:30 am - 4:00 pm
December 25	CHRISTMAS DAY, CLOSED	
December 26	Boxing Day, Holiday Hours	9:00 am - 5:00 pm
December 27-28	Regular Hours	5:30 am - 10:00 pm
December 29-30	Regular Hours	7:00 am - 7:00 pm
December 31	New Year's Eve, Closing Early	5:30 am - 4:00 pm
January 1	New Year's Day, Holiday Hours	9:00 am - 5:00 pm
January 2-4	Regular Hours	5:30 am - 10:00 pm
January 5-6	Regular Hours	7:00 am - 7:00 pm

Holiday Hours (December 26 & January 1) 9:00 am- 5:00 pm

Program	Time	Location
Open Swim	9:00 am-4:45 pm	Main & Leisure Pool
Creative Hands and Feet (2.5-5 yrs)	9:15 am-10:45 am	MPR 1
Morning Mix (6-12 yrs)	9:15 am-10:45 am	MPR 2
Cycle Fit	9:30 am-10:30 am	MPR 5
Open Climb	12:00 pm-3:00 pm	Adventure Centre
Family Track Time	12:00 pm-3:00 pm	Track
Parent and Youth Training (10+ yrs)	2:00 pm-5:00 pm	Wellness Centre

Child Minding

Monday - Thursday: 8:30 am-12 pm, 1-3 pm, 6-8:30 pm
 Friday: 8:30 am-12 pm, 1-3 pm
 Saturday: 8:30 am-12 pm
 Sunday: 9 am-12 pm
 Holidays: 9:00 am-12:00 pm



- Ⓢ Limited space, sign up for the program 30 minutes prior to start
- Ⓡ Program requires registration, please see Membership Services
- Ⓜ Member only programs
- ‡ Fee may apply

Adult/unsupervised programs
Child/supervised programs
 (preschool participants must be toilet trained)
Open program
Closed



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YMCA of Oakville
Peter Gilgan Family YMCA

	Gym		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
Thursday Dec. 27 and Jan. 3 Open 5:30 am-10:00 pm	Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-6:00 pm			Ⓢ Jungle Run 2.5-5 yrs 9:30 am-11:00 am		Aqua Fit 9:00 am-9:45 am
	HIIT 9:15 am-10:15 am						Core 8:00 am-8:45 am	Ⓡ Aquatic Leadership 11:00 am-3:00 pm	Family Track Time 2:00 pm-6:00 pm	Ⓡ Aquatic Leadership Youth Room 9:00 am-5:00 pm
	Yoga Fitness 10:30 am-11:30 pm		Ⓢ Creative Hands and feet 2.5-5 yrs 9:15 am-10:45 am		Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am		Ⓢ Cycle Fit 9:15 am-10:00 am			
	Adult Basketball 11:30 am-1:00 pm						Ⓢ TBC Gold 10:30 am-11:30 am			Aqua Fit 1:15 pm-2:00 pm
	Game On 6-12 yrs 1:30 pm-3:00 pm	Games 'n Mazes 2.5-5yrs 1:30 pm-3:00 pm					Ⓢ TRX Boot Camp 12:00 pm-12:45 pm	Open Climb 3:15 pm-8:30 pm		Parent & Youth Training 2:00 pm-6:00 pm
	Ⓡ School Age Child Care (SACC) 3:15 pm-6:00 pm		Ⓡ School Age Child Care (SACC) 11:00 am-6:00 pm				Ⓢ Aquatic Leadership 1:00 pm-5:00 pm			Youth Room 4:30 pm-8:30 pm
	Basketball 13+yrs 3:30 pm-6:45 pm						Power Yoga 6:15 pm-7:15 pm			Aqua Fit 8:00 pm-8:45 pm
	Open Gym Time 6:00 pm-6:45 pm						Ⓢ Cycle Fit 7:30 pm-8:30 pm			
	Strong by Zumba 7:00 pm-8:00 pm		Game On 6-12 yrs 6:15 pm-7:30 pm		PlayTime 2.5-5 yrs 6:15 pm-7:30 pm					
	Adult Basketball 8:15 pm-10:00 pm									
Friday Dec. 28 and Jan. 4 5:30 am-10:00 pm	Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-9:00 am				Ⓢ Cycle Fit 6:00 am-6:45 am 8:00 am-9:00 am	Ⓢ Jungle Run 2.5-5 yrs 9:30 am-11:00 am		Aqua Fit 9:00 am-9:45 am
	Cross Training 9:30 am-10:30 am							Ⓡ Aquatic Leadership 11:00 am-3:00 pm	Family Track Time 2:00 pm-6:00 pm	Ⓡ Aquatic Leadership Youth Room 9:00 am-5:00 pm
	Gentle Fit 10:45 am-11:45 am	Family Gym Kids 11:00 am-12:15 pm	Ⓢ Creative Hands and feet 2.5-5 yrs 9:15 am-10:45 am		Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am		Kettlebell WOW 9:15 am-10:00 am			
	Ⓡ School Age Child Care (SACC) 12:00 pm-3:00 pm		Ⓢ Gym Time 2.5-5 yrs 1:30 pm-3:00 pm				Ⓡ School Age Child Care (SACC) 7:00 am-6:00 pm	Open Climb 3:15 pm-5:45 pm		Parent & Youth Training 2:00 pm-6:00 pm
	Open Gym Time 3:30 pm-5:30 pm		Basketball 13+yrs 3:30 pm-5:45 pm				Ⓢ TRX Express 10:15 am-11:00 am			
	Zumba® 6:15 pm-7:15 pm						Ⓢ Cycle Fit 12:10 pm-12:45 pm	Ⓢ Jungle Run 2.5-5 yrs 6:00 pm-7:15 pm		Youth Room 10+ yrs 4:30 pm-8:30 pm
	Youth Sports 10+yrs 7:30 pm-8:30 pm	Game On 6-12 yrs 6:10 pm-7:15 pm	Ⓡ School Age Child Care (SACC) 11:00 am-6:00 pm				Ⓡ Aquatic Leadership 1:00 pm-5:00 pm	Youth & Teen Climb 10+yrs 7:15 pm-8:30 pm		
Basketball 13+yrs 7:30 pm-8:30 pm										
Saturday Dec. 29 and Jan. 5 Open 7:00 am-7:00 pm	Strong by Zumba® 8:30 am-9:30 am				Play Time 2.5-5 yrs 10:00 am-11:30 am		Ⓢ Cycle Fit 8:30 am-9:30 am	Kids only Climb 6+yrs 10:00 am-11:15 am		Aqua Fit 8:00 am-8:45 am
	Ⓢ Family Drum Fit 7+yrs 10:00 am-10:45 am	Family Gym Kids 0-6yrs 10:00 am-11:30 am						Open Climb 11:30 am-3:15 pm	Family Track Time 2:00 pm-6:00 pm	Parent & Youth Training 2:00 pm-6:00 pm
	Open Gym Time 12:00 pm-3:00 pm		Room Booking/ Birthday Parties 12:00 pm-3:00 pm email: birthdayparty@oakville.ymca.ca				Community Programs 12:00 pm-5:30 pm			
	Family Badminton 3:15 pm-4:15 pm						Room Booking/ Birthday parties 12:00 pm-5:30 pm email: birthdayparty@oakville.ymca.ca	Birthday Parties 3:30 pm-4:45 pm		
	Adult Volleyball 4:30 pm-7:00 pm									
Sunday Dec. 30 and Jan. 6 Open 7:00 am-7:00 pm	Yoga Fitness 9:00 am-9:45 am						Ⓢ Cyclefit 9:00 am-10:00 am	Game On 6-12 yrs 9:00am-10:45 am		
	HIIT 10:00 am-10:45 am							Open Climb 11:00 am-1:00 pm	Family Track Time 2:00 pm-6:00 pm	Parent & Youth Training 2:00 pm-6:00 pm
	Family Badminton 11:00 am-1:00 pm		Room Booking/ Birthday parties 1:30 pm-5:00 pm email: birthdayparty@oakville.ymca.ca		Room Booking/ Birthday parties 1:30 pm-5:00 pm email: birthdayparty@oakville.ymca.ca		Ⓢ TRX Express 11:15 am-12:00 pm			
	Open Gym Time 1:00 pm-5:00 pm							Room Booking/ Birthday parties 1:30 pm-5:00 pm email: birthdayparty@oakville.ymca.ca		
	Adult Basketball 5:00 pm-7:00 pm									

Holiday Pool Schedule

Pools are available for open and lane swimming. Swim lessons will resume January 7.