

Winter/Spring Schedule

Peter Gilgan Family YMCA | Jan 7 - June 30, 2019

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																			
6:00 AM																				
6:30 AM																				
7:00 AM																				
7:30 AM																				
8:00 AM																				
8:30 AM	R Parkinson's 8:00-9:00																			
9:00 AM																				
9:30 AM	Zumba® 9:30-10:30		S Creative Creations 2.5-5 yrs 9:15-10:45		Stretch and Mobility 9:00-9:45			Tabata Matwork 9:30-10:15												
10:00 AM																				
10:30 AM	Gentle Fit 10:45-11:45																			
11:00 AM																				
11:30 AM			Family Gym Kids 11-12:15																	
12:00 PM																				
12:30 PM																				
1:00 PM																				
1:30 PM	Game On 6-12 yrs 1:30-3:00	S Gym Time 2.5-5 yrs 1:30-3:00																		
2:00 PM																				
2:30 PM																				
3:00 PM																				
3:30 PM																				
4:00 PM																				
4:30 PM			Teen Basketball 13+ yrs 3:30-6:00																	
5:00 PM																				
5:30 PM																				
6:00 PM																				
6:30 PM	Zumba® 6:15-7:15		Game On 6-12 yrs 6:00-7:15																	
7:00 PM																				
7:30 PM																				
8:00 PM	S Adult Volleyball 7:30-8:45																			
8:30 PM																				
9:00 PM	S Adult Volleyball 8:45-10:00																			
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	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																			
6:00 AM																				
6:30 AM																				
7:00 AM																				
7:30 AM																				
8:00 AM																				
8:30 AM	Core 8:00-8:45																			
9:00 AM																				
9:30 AM	Circuit Fit 9:15-10:15		S Creative Creations 2.5-5 yrs 9:15-10:45																	
10:00 AM																				
10:30 AM	Yoga Fitness 10:30-11:30																			
11:00 AM																				
11:30 AM																				
12:00 PM																				
12:30 PM																				
1:00 PM																				
1:30 PM	Game On 6-12 yrs 1:30-3:00	S Gym Time 2.5-5 yrs 1:30-3:00																		
2:00 PM																				
2:30 PM																				
3:00 PM																				
3:30 PM																				
4:00 PM																				
4:30 PM	Family Basketball 3:30-6:00	Teen Basketball 13+ yrs 3:30-6:00																		
5:00 PM																				
5:30 PM																				
6:00 PM	Bars & Plates 6:00-6:45																			
6:30 PM																				
7:00 PM	Total Fusion 7:00-7:45	Game On 6-12 yrs 6:00-7:45																		
7:30 PM																				
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									

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 2.5-5 yrs 9:15-10:45												
10:00 AM															
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															
1:00 PM	S Pickleball 1:00-3:00														
1:30 PM															
2:00 PM															
2:30 PM															
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			M R Taekwondo - Parent Sign In/Out Required												
5:00 PM															
5:30 PM															
6:00 PM			White Belt Beginners 6-7 yrs 5:00-5:40	Yellow Stripe, Yellow Belt 6-7 yrs 5:00-5:40	S Fun TKD 4-5 yrs (Drop-in) 5:00-5:30										
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	Orange & Green Stripe 5:45-6:40										
7:00 PM															
7:30 PM			Green & Blue Stripe 6:45-7:55	Blue & Red Stripe 6:45-7:55	Red & Black Stripe 6:45-7:55										
8:00 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	Rep Team 8:00-9:30										
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				

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 10 yrs must be supervised by an adult (16+ yrs) or participate in a supervised program.
 During Family Track Time and Parent & Child/Youth Training, parents/guardians must be with children.
 Children under 10 yrs not permitted in Wellness Centre at any time.
 For preschool programs, 2.5-5 yrs, child must be toilet trained in order to attend class.*

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.

Winter/Spring Schedule

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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		M R Jiu-Jitsu Beginners & Colour Belts 6-8 yrs 9:00-10:00 10:00-11:00 Beginners & Colour Belts 9-12 yrs 11:00-12:30 12:30-2:00 Open Class & Testing 13-17 yrs 2:00-3:30		Preschool Playtime 2.5-5 yrs 10:00-11:30													
10:30 AM		Family Gym Kids 10:00-11:30																
11:00 AM																		
11:30 AM	\$ R Jr. NBA 11:15-12:15																	
12:00 PM																		
12:30 PM	\$ R Steve Nash Basketball 12:30-1:30																	
1:00 PM		Available for Birthday Parties 12:00-3:00																
1:30 PM		For more information, please see below																
2:00 PM																		
2:30 PM																		
3:00 PM																		
3:30 PM	Family Badminton 3:15-4:15																	
4:00 PM																		
4:30 PM																		
5:00 PM	Adult Volleyball 4:30-7:00																	
5:30 PM																		
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					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																	
9:00 AM	Yoga Fitness 9:00-9:45																
9:30 AM																	
10:00 AM	HIIT 10:00-10:45																
10:30 AM																	
11:00 AM																	
11:30 AM	Family Badminton 11:00-1:00																
12:00 PM																	
12:30 PM																	
1:00 PM	Soccer 3-5 yrs 1:15-2:00																
1:30 PM		Available for Birthday Parties 1:00-5:00															
2:00 PM																	
2:30 PM																	
3:00 PM																	
3:30 PM		For more information, please see below															
4:00 PM																	
4:30 PM																	
5:00 PM																	
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 to book yours today!

YMCA of Oakville
Peter Gilgan Family YMCA

410 Rebecca Street, Oakville, ON L6K 1K7
905-845-3417 | www.ymcaofaokville.org
Email: customerservice@oakville.ymca.ca

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