

March Break Schedule

Peter Gilgan Family YMCA | March 11-17, 2019

WEDNESDAY, 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 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														
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	Game On 6:10-7:15												
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM														
8:30 PM	Adult Badminton 7:30-10:00													
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			

THURSDAY, 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 6:00-7:00 PM													
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	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														
12:00 PM	R \$ Camp 11:30-1:00													
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														
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			

March Break Schedule

Peter Gilgan Family YMCA | March 11-17, 2019

FRIDAY, 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														
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														
8:30 AM														
9:00 AM														
9:30 AM	Cross Training 9:30-10:30		S Preschool Creative Hands & Feet 2.5-5 yrs 9:15-10:45	Morning Mix 6-13 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	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 2.5-5 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 6:00-7:15												
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.

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						

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, 6:00-8:30
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

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 \$5 per person. Family swim pass available for \$10 per family.

March Break Schedule

Peter Gilgan Family YMCA | March 11-17, 2019

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														
8:30 AM	Strong by Zumba 8:30-9:30										Aqua Fit 8:00-8:45		Adult Lane Swim 7:00-7:00	
9:00 AM														
9:30 AM														
10:00 AM	M Family Drumfit 10:00-10:45	Family Gym Kids 10:00-11:30			Preschool Playtime 2.5-5 yrs 10:00-11:30				S Kids Only Climb 6+ yrs 10:00-11:15					
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM		Available for Birthday Parties 12:00-3:00											Adult Lane Swim 7:00-7:00	
1:30 PM									Open Climb 11:30-3:20					
2:00 PM		See below for details												
2:30 PM														
3:00 PM														
3:30 PM	Badminton 3:15-4:15													
4:00 PM														
4:30 PM														
5:00 PM	Adult Volleyball 4:30-7:00												Adult Lane Swim 7:00-7:00	
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, 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														
8:30 AM													Adult Lane Swim 7:00-7:00	
9:00 AM	Yoga Fitness 9:00-9:45													
9:30 AM				Game On 6-12 yrs 9:00-10:45	M R Adult Taekwondo 8:30-10:00				Preschool Playtime 2.5-5 yrs 9:00-10:45	Open Swim 7:00-6:30	Open Swim 7:00-6:30			
10:00 AM	HIIT 10:00-10:45													
10:30 AM														
11:00 AM	Family Badminton 11:00-1:00													
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	Soccer 3-5 yrs 1:15-2:00	Available for Birthday Parties 1:00-5:00								Open Swim 7:00-6:30	Open Swim 7:00-6:30		Adult Lane Swim 7:00-7:00	
1:30 PM														
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												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 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

Follow us on social media!

-  facebook.com/YMCAOakville
-  twitter.com/YMCAOakville
-  instagram.com/YMCAofOakville