YMCA of Oakville

Winter/Spring Schedule

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

	Gy	ms		Mu	tipurpose Ro	ooms		Wellness	Adventure	Leisure			Main Pool		
	1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25
5:30 AM															
6:00 AM							S Cycle Fit								
6:30 AM							6:00-6:45	-		CLOSED UNTIL 8:00		<i>.</i> .	Family Lane		
7:00 AM										0.00		I Swim I-9:00	Swim	Adult Lane Swim 5:45-8:45	1
7:30 AM											3.30	-9.00	5:45-8:45	J.4J*0.4J	
8:00 AM	R Parl	kinson's					S Cycle Fit	R Healthy Hearts							Adult Lane S 5:45-4:30
8:30 AM	8:00	-9:00					8:00-9:00	8:30-9:30		Open Swim					5.45-
9:00 AM			S Creative			nd Mobility	Tabata Matwork			8:00-10:00			Aqua Fit		
9:30 AM	Zun	nba®	Creations		9:00	-9:45	9:30-10:15		S Jungle Run		9:0		-9:45		-
10:00 AM	9:30-	10:30	2.5-5 yrs					R\$ Iron+0a		R Lessons 10-11	Open	Swim	Family Lane		
10:30 AM			9:15-10:45				S TRX Express 10:15-11:00	R Healthy HIIT		R Par/Tot 10:30-11	9:45-	-11:00	Swim 9:00-11:00		n
	Gentle Fit						Babies & Me	Hearts 10-11 10:30-11:30			é n Adula	Beginner Lessons			
11:00 AM 11:30 AM	10:45-11:4	Gym Kids					11:00-11:45	10.50-11.50				n Swim	11:00-11:30		
		Kids 11-12:15					S Cycle Fit			Open Swim		-12:15	Family Lane		
12:00 PM							12:10-12:45			11:00-1:30	Agua	Rehab	Swim		
12:30 PM											12:1	5-1:00	11:30-1:15	Adult Lane Swim 9:45-4:30	
1:00 PM												Aqua Fit		9.45-4.50	
1:30 PM	Game On	S Gym Time									1:15-2:00				Adult Lar 5:45-
2:00 PM	6-12 yrs 1:30-3:00	2.5-5 yrs 1:30-3:00						_		CLOSED 1:30-3:30	Open Sv	2:00-4:30 Swi			5.101.13
2:30 PM	1.50-5.00	1.50-5.00						Family Track Time 2:00-6:00		1:50-5:50			Family Lane Swim 2:00-4:30		
3:00 PM 3:30 PM								2.00-0.00			2:00				
		-						Parent & Child/		Open Swim 3:30-4:30			2.00 4.50		
4:00 PM 4:30 PM		Teen Basketball				M R Creative		Youth Training		3.30-4.30					
4:30 PM		13+ yrs 3:30-6:00				Movement		10+ yrs 2:00-6:00	Open Climb 4:15-5:45	R Parent & Tot					
5:00 PM		5.50 0.00				6-9 yrs 4:15-5:00 10-12 yrs 5:15-6:00		2.00-0.00	4.13-3.43	5:15-5:45					MRA
6:00 PM			Gam	- 0			S Cycle Fit		Preschool Playtime			M R Swi	m Lessons		Mento
	Zun	nba®	6-12			Barre 1-7:00	6:00-6:45		2.5-5 yrs			4:30	-8:00		4:30-
6:30 PM	6:15	-7:15	6:00-		0.00	-7.00			6:00-7:15						
7:00 PM						Booked for Youth	S TRX Express]				MR
7:30 PM		Volleyball				Engagement	7:30-8:15		Open Climb	Open Swim					Swim 7
8:00 PM	7:30	-8:45	Mindfu	ıl Yoqa		Programs			7:30-8:30	0pen Swim 7:15-9:30		\$ R Adult Beg	inner 8:00-8:30		
8:30 PM	C 1 1 1		8:15-			7:00-9:30					Open Swim	Open Swim	Family Lane		ane Swim
9:00 PM		Volleyball •10:00									8:00-10:00	8:30-10:00	Swim	8:00	-10:00
9:30 PM	0.45	10.00								CLOSED		8:30-10:00			

		Gy	ms		Mul	tipurpose Ro	ooms		Wellness	Adventure	Leisure			Main Poo	I	
		1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25m
A	5:30 AM															
UESDAY	6:00 AM															
S [6:30 AM										CLOSED UNTIL 8:00			Family Lane		
۳.	7:00 AM										0.00		n Swim 0-9:00	Swim	Adult Lane Swim 5:45-8:45	
2	7:30 AM											5.5	0-9.00	5:45-8:45	5.45-0.45	Adult Lane Swim
	8:00 AM	Co														5:45-4:30
Γ	8:30 AM	8:00-	-8:45								Open Swim					
	9:00 AM			S Creative				S Cycle Fit			8:00-10:00			ua Fit		
	9:30 AM	Circu 9:15-		Creations		S Barre		9:15-10:00		S Jungle Run			9:00)-9:45		
Γ	10:00 AM	9.15-	10.15	2.5-5 yrs		9:30-10:30	TBC Gold			2.5-5 yrs	R Lessons 10-11					
	10:30 AM	Yoga F	itness	9:15-10:45				Strong by Zumba®		9:30-11:00	R Par/Tot 10:30-11					
	11:00 AM	10:30-						10:30-11:30				Oper	n Swim	Family Lane		
F	11:30 AM											9:4	5-1:15	Swim 9:45-1:15		
	12:00 PM	Adult Ba 11:30						S TRX Boot Camp			Open Swim 11:00-1:30			2.15 1.15		
F	12:30 PM	11.50	-1.00					12:15-1:00			11:00-1:50				Adult Lane Swim	
F	1:00 PM												Aqua Fit		9:45-4:30	
Г	1:30 PM	Game On	S Gym Time					R GERAS DANCE				1:15-2:00			Adult Lane Swin	
Г	2:00 PM	6-12 yrs	2.5-5 yrs					1:30-2:30			CLOSED			Family Lane Swim 2:00-4:30		5:45-4:30
	2:30 PM	1:30-3:00	1:30-3:00						Family Track Time		1:30-3:30					
	3:00 PM								2:00-6:00				n Swim 0-4:30			
	3:30 PM								Parent & Child/		Open Swim	2.0	0- 1 .J0			
	4:00 PM		Teen Basketball						Youth Training		3:30-4:30					
	4:30 PM	Family Basketball 3:30-6:00	13+ yrs						10+ yrs	Open Climb						
	5:00 PM	3.30-0.00	3:30-6:00					S Youth Cycle Fit	2:00-6:00	4:15-6:00	R Parent & Tot					M R Aquatics
	5:30 PM							10+ yrs 5:00-5:45			5:15-5:45					Mentorship
Г	6:00 PM	Bars & Plates	(Booked for Youth	Preschool Playtime		R Healthy Hearts	Climbing Lessons				im Lessons)-8:00		4:30-7:15
ſ	6:30 PM	6:00-6:45	Game On 6-12 yrs	Yoga F 6:15		Engagement	2.5-5 yrs	Family Zumba®	6:00-7:00	6:15-7:00			4.30	-0.00		
F	7:00 PM	Total Fusion	6-12 yrs Total Fusion 6:00-7:45 7:00-7:45	0.10	-7.15	Programs	6:00-7:15	6:30-7:15								MR Master
l l	7:30 PM	7:00-7:45				5:30-8:30		S Cycle Fit		Open Climb 7:00-8:30						Swim 7:15-8
	8:00 PM			M R Adu	lt Jiu-Jitsu			7:30-8:30		/:00-8:30	Open Swim		Aqua Fit			
	8:30 PM	Adult Ba	sketball	7:30	-9:30						7:15-9:30		8:00-8:45	Family Larra	Adult La	ine Swim
	9:00 PM	8:00-											n Swim	Family Lane Swim	8:00-	10:00
ľ	9:30 PM										CLOSED	8:45	5-10:00	8:45-10:00		
Г	10:00 PM	A	LL FACILITY AREAS	CLOSE AT 10:00 P	М		ALL FACILI	TY AREAS CLOSE A	Г 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



		Gy	ms		Mult	tipurpose R	ooms		Wellness	Adventure	Leisure			Main Poo				
		1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25m		
	5:30 AM																	
	6:00 AM							S Cycle Fit										
	6:30 AM							6:00-6:45			CLOSED UNTIL 8:00			Family Lane		Adult Lane Sw 5:45-4:30		
	7:00 AM										0:00		I Swim I-9:00	Swim	Adult Lane Swim 5:45-8:45			
	7:30 AM											5.50	-9.00	5:45-8:45	3.43-0.43			
	8:00 AM	R Park	inson's					Total Fusion										
	8:30 AM	8:00-	9:00					8:00-8:45	R Healthy Hearts		Open Swim							
	9:00 AM			S Creative			nd Mobility	Zumba® Gold	8:30-9:30		8:00-10:00			Aqua Fit				
F	9:30 AM	Bars &	Plates	Creative		9:00)-9:45	9:00-10:00					9:0	0-9:45		4		
	0:00 AM	9:30-		2.5-5 yrs					R\$	S Jungle Run		Onen	Swim	Family Lane				
				9:15-10:45				Kettlebell Basics	R Healthy HIIT		R Lessons 10-11 R Par/Tot 10:30-11		-11:00	Swim				
	0:30 AM	Gentle Fit						10:15-11:00	Hearts 10-11	5.50 11.00	N Pal/101 10.50-11			9:45-11:00				
1	1:00 AM	10:45-11:4					Babies & Me		10:30-11:30					mediate Lessons 11:00-11:30		s 11:00-11:30		
1	1:30 AM		Kids				11:00-11:45						Swim	Family Lane				
1	12:00 PM		11-12:15					S Cycle Fit			Open Swim 11:00-1:30		-12:15 Rehab	Swim				
1	12:30 PM							12:10-12:45			11.00-1.50		5-1:00	11:30-1:15	Adult Lane Swim	Adult Lane Sv		
	1:00 PM						Rhythm, Rhyme &						Aqua Fit	1	9:45-4:30			
	1:30 PM	Game On	S Gym Time	Yoga	Fitness		Read 1:00-2:00						1:15-2:00					
	2:00 PM	6-12 yrs	2.5-5 yrs		1:30-2:30						CLOSED				1	5:45-4		
	2:30 PM	1:30-3:00	1:30-3:00						Family Track Time		1:30-3:30			Family Lane				
	3:00 PM								2:00-6:00		-	Open Swim 2:00-4:30	Swim					
	3:30 PM								1		Open Swim	2:00	-4:30	2:00-4:30				
	4:00 PM		Teen Basketball						Parent & Child/ Youth Training		3:30-3:40							
	4:30 PM	Sport Mix	13+ yrs						10+ yrs	Open Climb								
	5:00 PM	6-9 yrs 4:15-5:00	3:30-6:00		M R Taekwo	ondo - Parent Sian I	ent Sign In/Out Required		2:00-6:00	4:15-5:45	R Parent & Tot							
	5:30 PM	10-12 yrs 5:15-6:00		Vallau Ch				Design and 7 Orms	1		5:15-5:45					MR Aqu Mentor		
	6:00 PM			5.20	ripe <i>7-9 yrs</i>)-6:10		nge Stripe <i>7-9 yrs</i>)-6:10	Beginners 7-9 yrs 5:30-6:10		S Jungle Run				rim Lessons		4:30-7:		
	6:30 PM	Zumba®	Game On 6-12 yrs		low, Orange Stripe		Green Stripe	Beginners 10+ yrs		2.5-5 yrs			4:3	0-8:00		4.50 7.		
	7:00 PM	6-12 (-12)	6:10-7:15		6:15-6:55		5-6:55	6:15-6:55		6:00-7:15								
	7:30 PM			· · · ·	Blue Stripe	Blue & I	Red Stripe	Red & Black Stripe		On en Climb								
	8:00 PM)-8:00)-8:00	7:00-8:00		Open Climb 7:30-8:30	Open Swim	S B Adult I	ntermediate Less	ons 8:00-8:30				
	8:00 PM	Adult Ba	Adult Badminton Bla	Black Belt & A	dult Taekwondo	Black Belt & A	dult Taekwondo	Rep Team		7.50 0.50	7:15-9:30	⇒ n AuUIT II	intermetrate Less		A 4. 11 1			
		7:30-1	10:00	8:00)-9:00	8:00	0-9:00	8:00-9:00				Open	Swim	Family Lane		ane Swim -10:00		
	9:00 PM 9:30 PM										CLOSED	8:30-	-10:00	Swim 8:0 8:30-10:00		0-10.00		
	9:30 PIN					ALL FACILITY AREAS CLOSE AT 10					CLUSED	ALL FACILITY AREAS CLOSE AT 10:00 PM						

		Gy	ms		Mul	tipurpose Ro	oms		Wellness	Adventure	Leisure			Main Poo	l	
¥		1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25m
	5:30 AM															
0	6:00 AM															
S	6:30 AM										CLOSED UNTIL 8:00			Family Lane		
THURS	7:00 AM										0.00		en Swim 30-9:00	Swim	Adult Lane Swim 5:45-8:45	1
2	7:30 AM											J	30-9.00	5:45-8:45	J.4J*0.4J	Adult Lane Swin
E	8:00 AM	Co														5:45-4:30
	8:30 AM	8:00-	8:45								Open Swim					5.15 1.50
	9:00 AM			S Creative				S Cycle Fit			8:00-10:00			ua Fit		
	9:30 AM	HI		Creations				9:15-10:00		S Jungle Run			9:00)-9:45		-
	10:00 AM	9:15-	10:15	2.5-5 yrs			TBC Gold			2.5-5 yrs	R Lessons 10-11					
	10:30 AM	Yoga F	itness	9:15-10:45			10:15-11:00	Strong by Zumba®		9:30-11:00	R Par/Tot 10:30-11					
	11:00 AM	10:30-					10115 11100	10:30-11:30				Ope	en Swim	Family Lane		
	11:30 AM											9:45-1:15	Swim 9:45-1:15			
	12:00 PM	Adult Ba	sketball	Home Sch				S TRX Boot Camp			Open Swim			9.45-1.15		
	12:30 PM	11:45	-1:00	11:00	-1:30			12:15-1:00			11:00-1:30				Adult Lane Swim	m
	1:00 PM												Agua Fit		9:45-4:30	
	1:30 PM	Game On	S Gym Time					R GERAS DANCE				1:15-2:00				Adult Lane Swin
	2:00 PM	6-12 yrs	2.5-5 yrs					1:30-2:30			CLOSED	0pen Swim 	Family Lane	-	5:45-4:30	
	2:30 PM	1:30-3:00	1:30-3:00						Family Track Time		1:30-3:30					
	3:00 PM								2:00-6:00					Swim 2:00-4:30		
	3:30 PM										Open Swim	2:0	00-4:30			
	4:00 PM								Parent & Child/ Youth Training		3:30-4:30					
	4:30 PM	R Child & Youth	R Child & Youth						10+ yrs	Open Climb						
	5:00 PM	Leaders	Leaders			SB	arre	Youth Boot Camp	2:00-6:00	4:15-6:00	R Parent & Tot					
	5:30 PM	10-12 yrs 4:30-6:00	12+ yrs 4:30-6:00			5:00	-6:00	10+ yrs 5:15-6:00			5:15-5:45					MR Aquatics Mentorship
	6:00 PM	4.50 0.00	4.50 0.00	Gam	o.0n	Preschool Playtime			R Healthy Hearts	Climbing Lessons				im Lessons		4:30-7:15
	6:30 PM			6-12	2 yrs	2.5-5 yrs		Power Yoga	6:00-7:00	6-9 yrs 6:15-7:00			4:30	0-8:00		
	7:00 PM	Strong by	Zumba®	6:15-	-7:15	6:00-7:15	Booked for Youth	6:15-7:15		,						M D Harr
	7:30 PM	7:00-					Engagement	S Cycle Fit		Open Climb						MR Master Swim 7:15-8
	8:00 PM			M R Adu	lt liu-litsu		Programs	7:30-8:30		7:00-8:30	Open Swim		Aqua Fit			
	8:30 PM	A duite De	-losticall	7:30-			7:00-9:00				7:15-9:30		8:00-8:45		Adult La	ane Swim
	9:00 PM	Adult Ba 8:15-										Ope	en Swim	Family Lane Swim		-10:00
	9:30 PM	0.15*	10.00								CLOSED	8:4	5-10:00	5wim 8:45-10:00		
	10:00 PM	A	LL FACILITY AREAS	CLOSE AT 10:00 P	M		ALL FACILI	TY AREAS CLOSE A	Г 10:00 PM			AL	L FACILITY AREAS		PM	

Child minding is included in all
children's memberships. Parent/
guardian must remain on site while
child is in care.

Monday
Tuesday
Wednesday
Thursday

	Gy	ms		Mult	tipurpose R	ooms		Wellness	Adventure	Leisure			Main Pool	l		
	1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25m	
5:30 AM																
6:00 AM							S Cycle Fit									
6:30 AM							6:00-6:45			CLOSED UNTIL 8:00	Open 5:30-		Family Lane			
7:00 AM										0:00	5.50-	-0.00	Swim	Adult Lane Swim 5:45-8:45	ı	
7:30 AM													5:45-8:45	J.4J*0.4J	A dula Lawa Cust	
8:00 AM	R Parl	inson's					S Cycle Fit			Open Swim	R Park	tinson's			Adult Lane Swi 5:45-4:30	
8:30 AM	8:00	-9:00					8:00-9:00				8:00-	-9:00				
9:00 AM			S Creative				Kettlebell WOW						ua Fit			
9:30 AM	Cross T	raining	Creations				9:15-10:00		S Jungle Run			9:00)-9:45		-	
10:00 AM	9:30-	10:30	2.5-5 yrs				S TRX Express		2.5-5 yrs	Open Swim						
10:30 AM			9:15-10:45			Barre 5-11:15	10:15-11:00		9:30-11:00	8:00-1:30	R Hon	ne School Swim I	Lessons			
11:00 AM	Gentle Fit 10:45-11:45	Family Gym Kids			10.1	5-11.15						10:00-12:00				
11:30 AM	10:45-11:45	11:00-12:15														
12:00 PM							S Cycle Fit									
12:30 PM							12:10-12:45							Adult Lane Swim		
1:00 PM														9:45-4:30		
1:30 PM	S Pic	S Pickleball							Preschool Playtime				Family Lane		Adult Lane Swi	
2:00 PM	1:00	-3:00							2.5-5 yrs	CLOSED	Open		Swim		5:45-4:30	
2:30 PM	-							Family Track Time	1:30-3:00	1:30-3:30	12:00	-4:30	12:00-4:30			
3:00 PM								2:00-6:00								
3:30 PM										Open Swim						
4:00 PM	Family Basketball	Teen Basketball						Parent & Child/ Youth Training		3:30-4:30						
4:30 PM	3:30-5:30	13+ yrs						10+ yrs	Open Climb						M R Aquatic	
5:00 PM		3:30-5:45		M R Taekwo	ondo - Parent Sign I	n/Out Required		2:00-6:00	4:15-5:45	R Parent & Tot					Mentorship	
5:30 PM			White Belt Be	ginners 6-7 yrs	Yellow Strine)	ellow Belt 6-7 yrs	S Fun TKD 4-5 yrs			5:15-5:45					4:30-7:15	
6:00 PM		Game On		-5:40		0-5:40	(Drop-In) 5:00-5:30		S Jungle Run				im Lessons)-8:00		M R Aquatic	
6:30 PM	Zumba® 6:15-7:15	6-12 yrs	Yellow & Oran	ge Stripe <i>7-9 yrs</i>	Yellow & Oran	ge Stripe 10+ yrs	Orange & Green		2.5-5 yrs			4.50	1-0.00		Leaders	
7:00 PM	0.13-7.13	6-7:15	5:45	-6:40	5:4	5-6:40	Stripe 5:45-6:40		6:00-7:15						5:15-6:15	
7:30 PM				Blue Stripe		Red Stripe	Red & Black Stripe									
8:00 PM	Sports			-7:55		5-7:55	6:45-7:55		Child & Teen Climb	Open Swim						
8:30 PM			10+ yrs 13+ yrs		3 yrs & under		elt 14+ yrs	Rep Team		10+ yrs 7:30-9:30	7:15-9:30	Open	Swim	Family Lane	Adult La	ane Swim
9:00 PM	7.50-7.50		8:00	-9:30	8:0	0-9:30	8:00-9:30		7.50-7.50	J	8:00-10:00	10:00	Swim 8:00-10:00	8:00	-10:00	
9:30 PM										CLOSED			3.00-10.00			
10:00 PM	A	LL FACILITY AREAS	CLOSE AT 10:00 F	M		ALL FACIL	ITY AREAS CLOSE A	T 10:00 PM			ALL F	ACILITY 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.

\$ Fee may apply

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
- 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

Age	Swim Ability/Test	Test/Supervision Requirements	Wristband
Under 6 yrs	All Abilities	 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	 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	 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	 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	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	Swim continuously 50m in main pool, jump in deep water, tread water 1 minute	Red

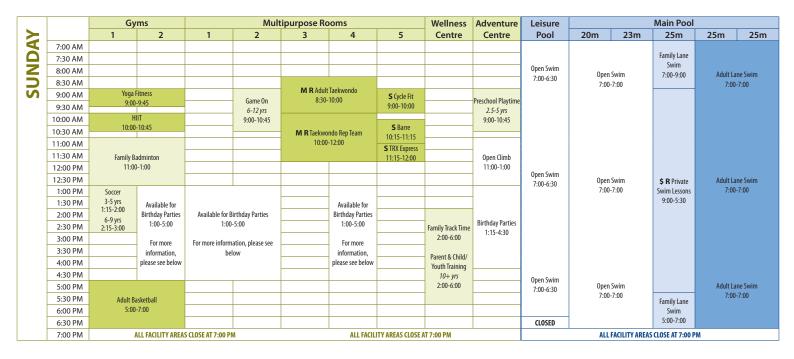
Those with seizure disorders or other serious medical conditions should be accompanied by an individual (16+ yrs) knowledgeable of their condition and responsible for their direct supervision. Swim tests have no age limit. Any age may be asked to demonstrate their swim ability.

YMCA of Oakville

Winter/Spring Schedule

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

	Gy	ms		Mult	tipurpose R	ooms		Wellness	Adventure	Leisure			Main Pool			
	1	2	1	2	3	4	5	Centre	Centre	Pool	20m	23m	25m	25m	25m	
7:00 AM 7:30 AM										Open Swim		n Swim D-8:00	Family Lane Swim 7:00-8:00	Adult Li	ane Swim	
8:00 AM										7:00-9:00		Aqua Fit		7:00)-9:00	
8:30 AM	Strong b	y Zumba					S Cycle Fit					8:00-8:45				
9:00 AM	8:30	-9:30					8:30-9:30									
9:30 AM										R Parent & Tot						
10:00 AM	Family Drum Fit		M R.	M R Jiu-Jitsu		Preschool Playtime			Kids Only Climb	9:00-9:30 9:45-10:15						
10:30 AM	10:00-10:45	Family Gym Kids 10:00-11:30	Beginners & Co	& Colour Belts 6-8 yrs	2.5-5 yrs				6+ yrs	10:30-11:00			im Lessons -12:30		MR Aquatics	
11:00 AM		10.00-11.50		9:00-10:00		10:00-11:30			10:00-11:15	11:15-11:45		9.00	-12.30		Mentor	
11:30 AM	\$ R Jr. NBA 11:15-12:15		10:00	-11:00											9:45-12	
12:00 PM	11:15-12:15	Available for	Doginpars 9 Col	Beginners & Colour Belts 9-12 yrs												
12:30 PM	\$ R Steve Nash	Birthday Parties	Beginners & Colour Belts 9-12 yrs 11:00-12:30 12:30-2:00													
1:00 PM	Basketball 12:30-1:30	12:00-3:00						Open Climb								
1:30 PM		For more			Available for Birthday Parties 12:00-5:30				11:30-3:15			Ś R Private				
2:00 PM		information,		esting <i>13-17 yrs</i> -3:30												
2:30 PM		please see below	2.00	-3.30				Family Track Time	e	Open Swim 12:30-6:30			Swim Lessons			
3:00 PM						nation, please see		2:00-6:00					12:30-5:00			
3:30 PM		adminton -4:15			De	elow		Parent & Child/	Birthday Parties			n Swim 0-7:00			ane Swim 0-7:00	
4:00 PM	5.15			IOVE				Youth Training	3:30-4:45		12.5	0 7.00		12.5	0 7.00	
4:30 PM				<i>3-8 yrs</i> 4:00-5:00				10+ yrs								
5:00 PM								2:00-6:00								
5:30 PM		Adult Volleyball 4:30-7:00		9 yrs -6:15									Family Lane Swim			
6:00 PM	1.50	4:30-7:00	5.15	-0.15									5:00-7:00			
6:30 PM										CLOSED						
7:00 PM		ALL FACILITY AREAS	S CLOSE AT 7:00 P	м		ALL FACIL	ITY AREAS CLOSE	AT 7:00 PM			ALI	FACILITY AREA	S CLOSE AT 7:00 P	M		



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

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