

Program Schedule January 8 - June 29, 2018

YMCA of Oakville

Peter Gilgan Family YMCA

Multi-purpose Rooms Gyms Adventure Centre Track Other Programs 2 1 4 5 1 5:30 AM 6:00 AM

6:00 AM								S Cycle Fit			
6:30 AM								6:00-6:45			
7:00 AM											
7:30 AM											
8:00 AM	(R) Park							S Cycle Fit			
8:30 AM	8:00-	-9:00						8:00-9:00		R Healthy Hearts	
9:00 AM				S						8:30-9:30	® TeamBeats
9:30 AM	Zum			Creative Hands and Feet	S		Tabata Matwork	(\$) Jungle Run		9:00-9:45	
10:00 AM	9:30-1	10:30		2-5 yrs	ABC Ready I'll Be	Wiggles a 9:00-		9:30-10:15	2-5 yrs		
10:30 AM	Gentle Fit			9:15-10:45	2-5 yrs 9:45-11:15	2.00-	11.00	STRX Express 10:15-11:00	9:30-11:00	R Healthy Hearts	
11:00 AM	10:45-11:45	ĺ	Family		3.13 1.113			R Babies and me Postnatal		10:30-11:30	
11:30 AM			Gym Kids					11-11:45am			
12:00 PM	R BoxFit		11:00-12:15					© Cycle Fit			
12:30 PM	12:00-12:45							12:10-12:45			
1:00 PM											
1:30 PM	Home-School Game On	⑤ Gym	Time								
2:00 PM	6-12 yrs	2-5 y	/rs								
2:30 PM	1:30-3:00	1:30-3	3:00								Parent & Youth Training
3:00 PM											10+ yrs Wellness Centre
3:30 PM										Family Track Time	2:00-6:00
4:00 PM		Basket								2:00-6:00	M R Intro to Resistance
4:30 PM		13+ y 3:30-6							Open Climb		10-12 yrs
5:00 PM		3.30-0	5.00	M R Master Cook Kids					4:15-6:00		4:45-5:45
5:30 PM				5- 7 yrs 4:30-5:15							Open Youth Room
6:00 PM				8-10 yrs 5:30-6:15		PlayTime	Game On	© Cycle Fit 6:00-6:45	(R) Climbing Lessons		10+ yrs
6:30 PM	Zum 6:15-			11-13 yrs 6:30-7:15		2-5 yrs 6:00-7:30	6-12 yrs 6:00-7:30	0:00-0:45	6-8 yrs 6:15-7:00		4:30-8:30
7:00 PM	0:15-	7.13			R National Youth	0.00 7.30	0.00 7.50		0.15 7.00		(R) TeamBeats
7:30 PM					Exchange Meeting			S TRX Express 7:30-8:15	Open Climb		6:30-7:15
8:00 PM	Adult Volleyball		Mindful Yoga 8:00-9:00					7:00-8:30			
8:30 PM 9:00 PM	7:30-1	10:00		0.00-2.00							
9:30 PM											
10:00 PM						All facility areas	close at 10:00 pm			I.	1
10.001111						, areas	us source pin				
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	Gyı	ns			Multi-purpose Rooms	Adventure Centre	Total	Oak an Dua mua		
•	1	1 2		2	3	4	5	Adventure Centre	Track	Other Programs
5:30 AM										
6:00 AM			R Early Bird Yoga							
6:30 AM			(6 wks) 6:00-6:45							
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM										
8:00 AM	Со									
8:30 AM	8:00-	8:00-8:45								
9:00 AM	Circu	Circuit Fit					S Cycle Fit			(R) TeamBeats
9:30 AM	9:15-10:15		S PlayTime 2-5 yrs				9:15-10:00	S Jungle Run		9:00-9:45
10:00 AM			9:15-10:45				TBC Gold (Total Body Conditioning) 10:15-11:00	2-5 yrs	Babies & Me	
10:30 AM	Yoga Fitness						10:15-11:00	9:30-11:00	Track Walk	
11:00 AM	10:30-	10:30-11:30					Strong by Zumba 11:15-12:00		10:00-12:00	
11:30 AM	Adult Da	skathall					11:15-12:00			
12:00 PM	Adult Basketball 11:30-1:00						S TRX Boot Camp			
12:30 PM							12:15-1:00			
1:00 PM										
1:30 PM	Home-School Game On			Barre				Home-School Game On		
2:00 PM	6-12 yrs 2-5 yrs 1:30-3:00 1:30-3:00		1:30-2:30					6-12 yrs 1:30-3:00		
2:30 PM	1.30-3.00	1.50-5.00						1.50-5.00		
3:00 PM										
3:30 PM									Family Track Time	Parent & Youth Training
4:00 PM	Basketball 13+ yrs								2:00-6:00	10+ yrs Wellness Centre 2:00-6:00
4:30 PM	3:30-6:15							Open Climb 4:15-6:00		2.00 0.00
5:00 PM							Youth Boot Camp	4:15-6:00		
5:30 PM							10+ yrs 5:00-5:45			
6:00 PM 6:30 PM	HIIT 6:00-6:45 Game On 6-12 yrs							R Climbing Lessons 9-11 years old 6:15-7:00	R Healthy Hearts 6:00-7:00	
7:00 PM	Core 7:00-7:45	6:15-7:15	Yoga Fitness 6:15-7:15		PlayTime		Family Zumba 6:30-7:15		0.00-7.00	
7:00 PM	Core 7:00-7:45		0.15-7.15		2-5 yrs 6:00-8:30					
8:00 PM	Adult Basketball		(M) (B) Adult Jiu-Jitsu 7:30-9:30				© Cycle Fit 7:30-8:30	Open Climb 7:00-8:30		
8:30 PM							7.50 0.50	,,,,,,		
9:00 PM			7.50	7.30-7.30						
9:30 PM	8:45-1	8:45-10:00								
10:00 PM					All facility corre	daea at 10:00 mm				
10:00 PM					All facility areas	ciose at 10:00 pm				

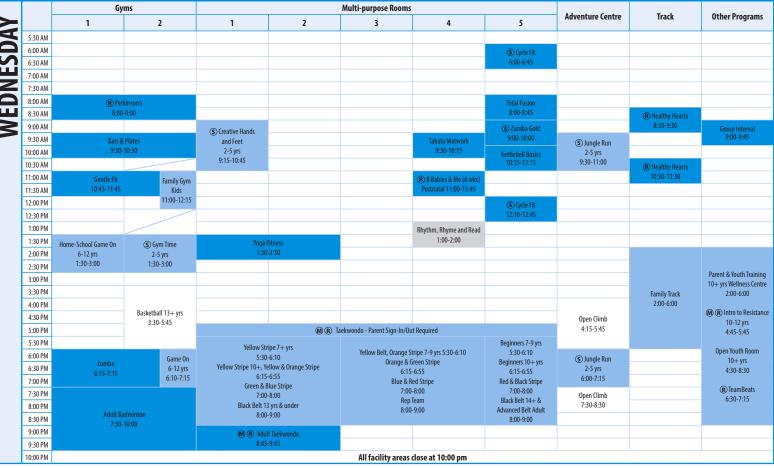


Hours of Operation

Monday to Friday 5:30 am - 10:00 pm 7:00 am - 7:00 pm 7:00 am - 7:00 pm 7:00 am - 7:00 pm

YMCA of Oakville

Peter Gilgan Family YMCA



	Gyms		Multi-purpose Rooms					Advantum Co. t	71	Othor Program
	1 2	1	2	3	4	5	Adventure Centre	Track	Other Programs	
5:30 AM										
6:00 AM										
6:30 AM										R TeamBeats
7:00 AM										6:30-7:15
7:30 AM										
8:00 AM	core									
8:30 AM	8:00-8:45									
9:00 AM	HIIT (High-Intensity Interval Training) 9:15-10:15		0			(§				
9:30 AM			S PlayTime 2-5 yrs				9:15-10:00	© Jungle Run 2-5 yrs 9:30-11:00		
10:00 AM			9:15-10:45							
10:30 AM	Yoga Fitness 10:30-11:30					TBC Gold (Total Body	Strong by Zumba		Babies & Me Track Walk	
11:00 AM						TBC Gold (Total Body Conditioning) 10:30-11:30	10:30-11:30		10:00-12:00	
11:30 AM	Adult Basketball 11:30-1:00		Home School Co-op 11:00-1:30			10.50-11.50				
12:00 PM							⑤ TRX Boot camp			
12:30 PM							12:00-12:45			
1:00 PM										
1:30 PM	Home-School Game On	⑤ Games'n Mazes								
2:00 PM	6-12 yrs	3-5 yrs						Home-School Game On 6-12 yrs		
2:30 PM	1:30-3:00	1:30-3:00						1:30-3:30		
3:00 PM										
3:30 PM									Family Track	Parent & Youth Trai
4:00 PM		Basketball 13+ yrs					Open Climb	2:00-6:00	10+ yrs Wellness Ce 2:00-6:00	
4:30 PM	3:30-5:15									Youth Cyclefit 10+
5:00 PM			⑤ Barre				4:45-5:30	4:15-6:00		
5:30 PM	® Youth Leaders 10-17 yrs 5:30-7:00		5:00-6:00 Game On 6-12 yrs 6:15-7:15							
6:00 PM						ayTime 6:15-7:15	Power Yoga	Climbing Lessons	R Healthy Hearts	
6:30 PM					PlayTime		6:15-7:15 12+yrs 6:15-7:00	6:00-7:00		
7:00 PM					2-5 yrs 6:00-8:30					
7:30 PM	Strong by Zumba 7:30-8:30 Adult Basketball 8:45-10:00		M ® Adult Jiu-Jitsu 7:30-9:30		0.00-0.50	Initiative Meeting		Open Climb 7:30-8:30		
8:00 PM						7:00-9:00	7:30-8:30	/:30-8:30		
8:30 PM										
9:00 PM										
9:30 PM 10:00 PM						s close at 10:00 pm				



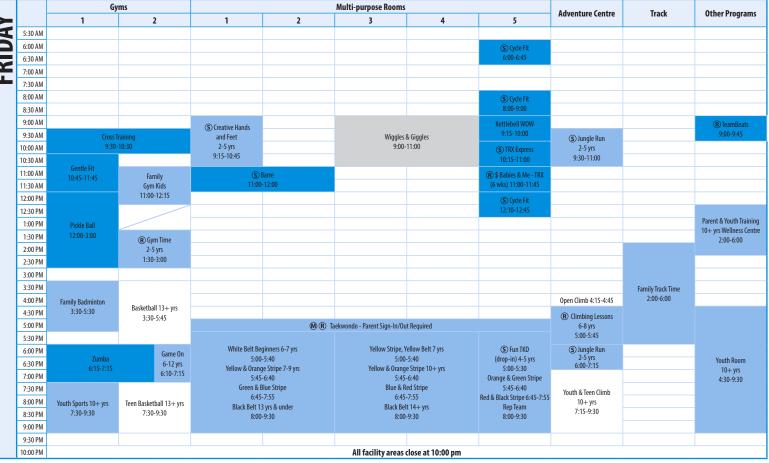
Holiday Hours

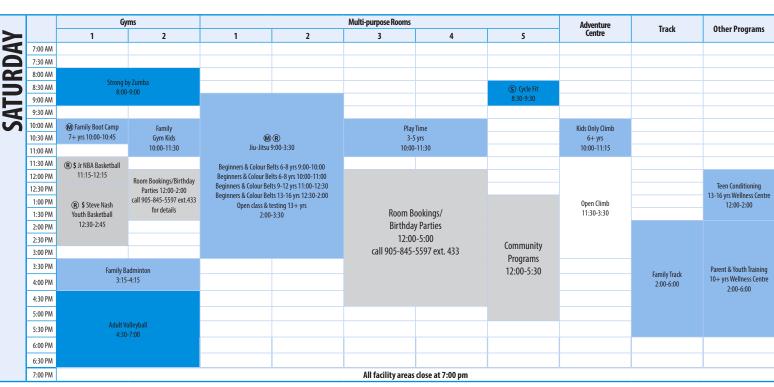
9:00 a.m. -5:00 p.m.

OPEN: Family Day February 20, Good Friday April 14, Victoria Day May 22 **CLOSED: Easter Sunday April 16**

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Legend

Adult 16+ years Teen 13+ years Youth 9-13 years Child 6-9 years Preschool 2-5 years Children under the age of 13 must be supervised by an adult (16+ years) or participate in a supervised program.

Adult/unsupervised programs Child/supervised programs Open program

Community program/birthday party Closed

- ③ 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

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 Family: Child must be accompanied by parent or guardian classes to allow for program set-up.

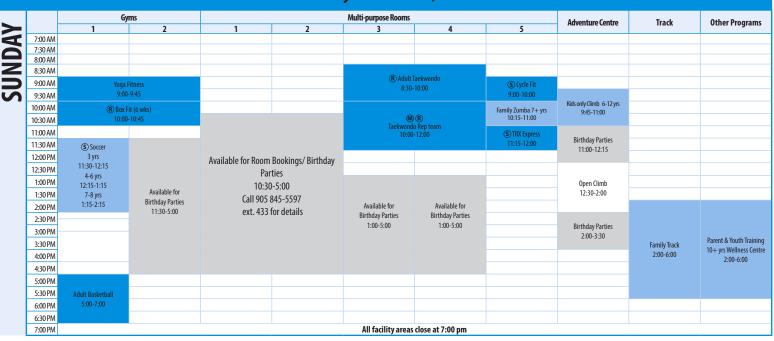


Program Schedule

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Child Minding

Child minding is included in all children's memberships.

Parent/guardian must remain onsite while children are in care.

Monday to Thursday: 8:30 am-12 pm, 1-3 pm, 6-8 pm

Friday: 8:30 am-12 pm, 1-3 pm Saturday: 8:30 am-12 pm Sunday: 9 am- 12 pm

Holidays: 9 am-12 pm



Members & Guests

Membership cards must be swiped with each visit, worn and visible at all times while within the Peter Gilgan Family YMCA.

As a YMCA member, I will help make the YMCA experience better for all by being considerate of others. I accept the responsibility to treat all people with YMCA values: inclusiveness, health, responsibility, respect, caring and honesty.

Guests: Photo I.D is required for all YMCA guests and day pass users.

Change Room Policy

Family Change Room stalls are for everyone's use. Please do not hold or reserve stall or washrooms when they are not in use.

Members with opposite gender children 0-4 years old are permitted into the general change rooms. Members with opposite gender children 5 years old and older must use the family change room.

Connect with us!

Connect with us online, share and join the conversation.



facebook.com/YMCAOakville



@YMCAOakville



@YMCAofOakville

Wellness Centre

New equipment, screen apps and mywellness cloud!

This summer more than half of our equipment was replaced with the latest in gym technology tying your workouts to the new cloud-based mywellness app. Login and swipe to enjoy virtual training, access your favourite content, apps and enhanced entertainment through the internet. We've also added Omnia, a centre for functional and high-intensity training, Kinesis stations, Stepmills and other new equipment. Visit our website for more details.

Parent & Youth 10-12 years

Introduce your pre-teen to the Wellness Centre gym and track as you train together daily Monday to Sunday from 2:00-6:00 p.m. Note: Parent or guardian must supervise youth at all times.

Teens 13-16 years

Teens can use the Wellness Centre gym and indoor track on their own after completing the Teen Conditioning Course. This two-hour course helps them get started and includes safe weight training and exercise practices, proper stretching techniques, nutrition, and gym etiquette. Teen Conditioning is offered Saturdays from 12:00-2:00 p.m. Register at the Membership Services Desk.

Financial Assistance

As a charitable organization, we are committed to ensuring that every individual in our community has access to the essentials needed to grow, learn and reach their full potential. We offer financial assistance to those in need. Please contact the Membership Services Desk for more information. All inquiries will be kept confidential.



The YMCA of Oakville provides hope and health to those in need in our community. By donating to our YMCA Strong Kids campaign, you can help make sure that everyone has the opportunity to benefit from a YMCA experience.

To learn more about how YMCA experiences are changing lives, visit ymcaofoakville.org.

YMCA of Oakville