

# YMCA of Oakville Holiday Schedule

Monday, December 21 – Monday, December 28, 2009

Monday, Dec. 21		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Zumba 9:30-10:30 am		Creative Hands & Feet 3-6 yrs 9:15-10:45 am Holiday Program** 12-2:00 pm All Sorts of Sports 3-6 yrs 6:00-7:30 pm	Morning Mix 7:00-13 yrs 9:15-10:45 am Holiday Program** 7:00-9:00 am 3:30-6:00 pm	Holiday Program ** 6:30 am-6:00 pm		Cyclefit 6:00-6:45 am Cyclefit 8:00-9:00 am Cyclefit 12:10-12:45 pm Cyclefit 6:00-6:45 pm	Open swim 8:00 am-9:30 pm	Aquafit 9:00-9:45 am Open from 5:45 to 9:00 am, 10:00 am-9:45 pm Lane Swimming 5:45 am-9:45 pm	Jungle Run 3-6 yrs 9:30-11:00 am Family Climb 1:30-7:30 pm
Gentlefit 10:45-11:45 am Game On 7-13yr 1:30-3:00 pm Teen Basketball 13+ yrs 3:30-6:00 pm	Gym Kidz 0-6 yrs 11:15 am-12:15 pm Gymtime 3-6 yrs 1:30-3:00 pm Family Basketball 3:30-6:00 pm								
Zumba 6:15-7:15 pm Adult Volleyball 7:30-9:45 pm									
Childminding 8:30 am-12:00 noon, 1:00-3:00, 6:00-8:00 pm									
Tuesday, Dec. 22		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Core Stretch & Strength 8:00-8:45 am StepFit 9:15-10:15 am YogaFitness 10:30-11:15 am		Playtime 3-6 yrs 9:15-10:45 am  YogaFitness 6:30-7:15 pm	Morning Mix 7-13 yrs 9:15-10:45 am Holiday Program** 7:00-9:00 am 3:30-6 pm	Holiday Program ** 6:30-9:00 am 3:30-6:00 pm		Cyclefit 9:15-10:00 am Cyclefit 7:30-8:30 pm	Open Swim 8:00 am-9:30 pm	Aquafit 9:00-9:45 am Open from 5:45-9:00 am, 10 am-9:45 pm Lane Swimming 5:45 am-9:45 pm	Family Climb 1:30-7:30 pm
Game On 7-13 yrs 1:30-3:00 pm Teen Basketball 13+ 3:30-7:00 pm StepFit 7:30-8:30 pm	Games n Mazes 3-6 yrs 1:30-3:00 pm								
Childminding 8:30 am-12:00 noon, 1:00-3:00 pm									
Wednesday, Dec. 23		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Bar Blast 9:30-10:30 am		Creative Hands & Feet 3-6 yrs 9:15-10:45 am Holiday Program** 12 noon-2:00 pm All Sorts of Sports 3-6 yrs 6:00-7:30 pm	Morning Mix 7-13 yrs 9:15-10:45 am Holiday Program** 7:00-9:00 am 3:30-6:00 pm	Holiday Program** 6:30 am-6:00 pm		Cyclefit 6:00-6:45 am Cyclefit 12:10-12:45 pm	Open Swim 8:00 am-9:30 pm	Aquafit 9:00-9:45 am Open from 5:45 am to 9:00 am 10:00 am-9:45 pm Lane Swimming 5:45 am-9:45 pm	Jungle Run 3-6 yrs 9:30-11:00 am Family Climb 1:30-7:30 pm
Game On 7-13 yrs 1:30-3:00 pm Teen Basketball 13+ yrs 3:30-6:00 pm	Gymtime 3-6 yrs 1:30-3:00 pm Family Basketball 3:30-6:00 pm								
Zumba 6:15-7:15 Adult Badminton 7:30-9:45									
Childminding 8:30 am-12:00 noon, 1:00-3:00 pm, 6:00-8:00 pm									
Thursday, Dec. 24		Hours 5:30 am to 2:00 pm (Note Early Close)							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Core 9:15-10:00 am YogaFitness 10:30-11:15 am			Holiday Program** 9:00 am-5:00 pm	Holiday Program** 6:30 am-6:00 pm		Cyclefit 9:15-10:00 am	Open Swim 8:00 am-1:45 pm	Aquafit 9:00-9:45 am Open from 5:45-9:00 am 10:00 am-1:45 pm Lane swimming 5:45 am-1:45 pm	
Childminding 8:30 am-12:00 noon									
CLOSED FRIDAY, Dec. 25									
Saturday, Dec. 26		Hours 9:00 am to 5:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
						Cyclefit 9:30-10:15 am	Open swim 9:00 am-4:45 pm	Open swim 9:00 am-4:45 pm Lane Swimming 9:00 am-4:45 pm	Family Climb 1:30-4:30 pm
Sunday, Dec. 27		Hours 8:00 am to 6:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
	Total Body Conditioning 10:00-11:00 am	YogaFitness 9:00-9:45 am				Cyclefit 9:00-10:00 am	Open Swim 8:00 am-5:45 pm	Open Swim 8:00 am-5:45 pm Lane Swimming 8:00 am-5:45 pm	Family Climb 1:30-4:30 pm
Monday Dec, 28		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Zumba 9:30-10:30		Creative Hands & Feet 3-6 yrs 9:15-10:45 am All Sorts of Sports 3-6 yrs 6:00-7:30 pm	Morning Mix 7-13 yrs 9:15-10:45 am Holiday Program** 7:00-9:00 am 3:30-6:00 pm	Holiday Program** 7:00-9:00 am 3:30-6 pm		Cyclefit 8:00-9:00 am Cyclefit 12:10-12:45 pm Cyclefit 6:00-6:45 pm	Open Swim 8:00 am-9:30 pm	Open Swim 5:45-9:00 am 10 am-9:45 pm Aquafit 9:00-9:45 am Lane Swimming 5:45 am-9:45 pm	Jungle run 3-6 yrs 9:30-11:00 am Family Climb 1:30-7:30 pm
Gentle Fit 10:45-11:45 am Game On 7-13 yrs 1:30-3:00 pm Teen Basketball 13+ yrs 3:30-6:00 pm	Gym Kidz 0-6 yrs 11:15 am-12:15 pm Gymtime 3-6 yrs 1:30-3:00 pm Family Basketball 3:30-6:00 pm								
Zumba 6:15-7:15 pm Adult Volleyball 7:30-9:45 pm									
Childminding 8:30 am-12 noon, 1:00-3:00 pm, 6:00-8:00 pm									

\*\* Registration required

www.ymcaofOakville.com

# YMCA of Oakville Holiday Schedule

Tuesday, December 29, 2009 – Sunday, January 3, 2010

Tuesday, Dec, 29		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Core Stretch & Strength 8-8:45 am StepFit 9:15-10:15 am YogaFitness 10:30-11:15 am		Playtime 3-6 yrs 9:15-10:45 am Holiday Program 12:00-2:00 pm	Holiday Program** 7:00-9:00 am 3:30-6:00 pm Morning Mix 7-13 yrs 9:15-10:45	Holiday Program** 6:30 am-6:00 pm	Holiday Program** 6:30 am-6:00 pm	Cyclefit 9:15-10 am Cyclefit 7:30-8:30 pm	Open Swim 8:00 am-9:30 pm	Aquafit 9:00-9:45 am Open from 5:45-9:00 am 10:00 am-9:45 pm Lane Swimming 5:45 am-9:45 pm	Family Climb 1:30-7:30 pm
Game On 7-13 yrs 1:30-3:00 pm StepFit 7:30-8:30 pm Adult Dropin Basketball 8:45-9:45 pm	Games n Mazes 3-6 yrs 1:30-3:00 pm	YogaFitness 6:30-7:15 pm							
Childminding 8:30 am-12 noon, 1:00-3:00 pm									
Wednesday, Dec. 30		Hours 5:30 am to 10:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Bar Blast 9:30-10:30		Creative Hands & Feet 3-6 yrs 9:15-10:45 am Holiday Program** 12:00 noon-2:00 pm All Sorts of Sports 3-6 yrs 6:00-7:30 pm	Morning Mix 7-13 yrs 9:15-10:45 am Holiday Program** 7:00-9:00 am 3:30-6 pm	Holiday Program** 6:30 am-6:00 pm	Holiday Program** 6:30 am-6:00 pm	Cyclefit 12:10-12:45 pm	Open Swim 8:00 am-9:30 pm	Aquafit 9:00-9:45 am Open from 5:45-9:00 am 10 am-9:45 pm Lane Swimming 5:45 am-9:45 pm	Jungle run 3-6 yrs 9:30-11:00 am Family Climb 1:30-7:30 pm
Game On 7-13 yrs 1:30-3:00 am Teen Basketball 13+ yrs 3:30-6:00 pm	Gym Kidz 3-6 yrs 11:15 am-12:15 pm Gymtime 3-6 yrs 1:30-3:00 pm Family Basketball 3:30-6:00 pm								
Zumba 6:15-7:15 pm Adult Badminton 7:30-9:45 pm									
Childminding 8:30 am-12 noon, 1:00-3:00 pm, 6:00-8:00 pm									
Thursday, Dec, 31		Hours 5:30 am to 2:00 pm (Note Early Close)							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Core 9:15-10:00 am YogaFitness 10:30-11:15			Holiday Program** 9:00 am-5:00 pm	Holiday Program** 6:30 am-6:00 pm	Holiday Program** 6:30 am-6:00 pm	Cyclefit 9:15-10:00 am	Open Swim 8:00 am-1:45 pm	Aquafit 9:00-9:45 am Open 5:45-9:00 am 10 am-1:45 pm Lane Swimming 5:45 am-1:45 pm	
Childminding 8:30 am-12:00 noon									
Friday, Jan 1		Hours 9:00 am to 5:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
						Cyclefit 9:30-10:15	Open Swim 9:00-4:45 pm	Open Swim 9:00-4:45 pm Lane Swimming 9:00 am-4:45 pm	Family Climb 1:30-4:30 pm
Child Minding is not available on January 1.									
Saturday, Jan 2		Hours 7:00 am to 6:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Step 'n Sculpt 8:00-9:15 am GymKidz 0-6 yrs 10:00-11:30 am				All Sorts of Sports 3-6 yrs 10:00-11:30 am	All Sorts of Sports 3-6 yrs 10:00-11:30 am	Cyclefit 8:30-9:30 am	Open swim 7:00 am-5:45 pm	Open swim 7:00 am-5:45 pm Lane Swimming 7:00 am-5:45 pm	Family Climb 11:30 am- 3:30 pm
Adult Volleyball 4:30-5:45 pm									
Childminding 8:00 am-12:00 noon									
Sunday, Jan 3		Hours 8:00 am to 6:00 pm							
Gym One	Gym Two	Multi-Purpose#1	Multi-Purpose#2	Multi-Purpose#3	Multi-Purpose#4	Kinesis Room	Leisure Pool	Main Pool	Adventure Centre
Total Body Conditioning 10:00-11:00 am		YogaFitness 9:00-9:45 am				Cyclefit 9:00-10:00 am	Open swim 8:00 am-5:45 pm	Open swim 8:00 am-5:45 pm Lane Swimming 8:00 am-5:45 pm	Closed for Birthday Parties
Open Basketball 1:30-5:45	Reserved for Birthday Parties 11:00 am-4:30 pm	Reserved for Birthday Parties 11:00 am-4:30 pm	Reserved for Birthday Parties 11:00 am-4:30 pm						

\*\* Registration required

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