



# Holiday Schedule

December 23- January 5, 2020

YMCA of Oakville  
Peter Gilgan Family YMCA

Monday Dec. 23 and Dec 30 Open 5:30 am-10:00 pm	Gym		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
Zumba® 9:30 am-10:30 am							⑤ Cycle Fit 6:00 am-6:45 am 8:00 am-9:00 am		Ⓡ Parkinson's 8:00 am-9:00 am	Ⓡ Aquatic Leadership MPR 6 8:15 am -3:00 pm Dec. 30/19
Gentle Fit 10:45 am-11:45 am			⑤ Creative Hands and Feet 2.5-5 yrs 9:15 am-10:45 am	⑤ Morning Mix 6-12 yrs 9:15 am-10:45 am			Tabata Matwork 9:30 am-10:15 am	⑤ Jungle Run 2.5-5 yrs 9:30 am-11:00 am		Aqua Fit 9:00 am-9:45 am
Family Gym Kids 11:00 am-12:15pm							⑤ TRX Express 10:15 am-11:00 am	Open Climb 12:00 pm-5:45 pm		Aqua Fit 1:15 pm-2:00 pm
Game On 6-12 yrs 1:00 pm-2:30 pm	⑤ Gym Time 2.5-5 yrs 1:00 pm-2:30 pm						⑤ Cycle Fit 12:10 pm-12:45 pm			Parent & Youth Training 3:00 pm-7:00 pm
Teen Basketball 13+ yrs 3:30 pm-6:00 pm							⑤ Cycle Fit 6:00 pm-7:00 pm	⑤ Jungle Run 2.5-5 yrs 6:00 pm-7:15 pm		
Zumba® 6:15 pm-7:15 pm			Y Kids 6-12 yrs 6:00 pm-7:15 pm					Open Climb 7:30 pm-8:30 pm		
Adult Volleyball 7:30 pm-10:00 pm										
Tuesday Dec. 24 and Dec 31 Open 5:30 am-4:00 pm	Bootcamp 6:30 am-7:15 am						⑤ Cycle Fit 9:15 am-10:00 am			Ⓡ Aquatic Leadership MPR 6 8:15 am -3:00 pm Dec. 31/19
	Core 8:00 am-8:45 am									
	CircuitFit 9:15 am-10:15 am		⑤ Creative Creations 2.5-5 yrs 9:15 am-10:45 am	⑤ Morning Mix 6-12 yrs 9:15 am-10:45 am	Barre 9:00 am-10:00 am			Strong by Zumba® 10:30 am-11:30 am	⑤ Jungle Run 2.5-5 yrs 9:30 am-11:00 am	Aqua Fit 9:00 am-9:45 am
	Yoga Fitness 10:30 am-11:30 am				TBC Gold 10:15 am-11:15 am					Aqua Fit 1:15 pm-2:00 pm
	Adult Basketball 11:30 am-12:30 pm				Ⓡ School Age Child Care (SACC) 2:00 pm-4:00 pm			TRX Bootcamp 12:15 pm-1:00 pm		
Game on 6-12 yrs 1:00 pm-2:30 pm		⑤ Gym Time 2.5-5 yrs 1:00 pm-2:30 pm								
Wednesday Dec. 25 CLOSED For Jan. 1, 2020 Open 9:00 am-5:00 pm CHECK Holiday Hours Schedule										

### Building Hours

Days	Changes	Hours
December 23	Regular Hours	5:30 am - 10:00 pm
December 24	Christmas Eve, Closing Early	5:30 am - 4:00 pm
<b>December 25</b>	<b>CHRISTMAS DAY, CLOSED</b>	
December 26	<b>Boxing Day, Holiday Hours</b>	9:00 am - 5:00 pm
December 27	Regular Hours	5:30 am - 10:00 pm
December 28-29	Regular Hours	7:00 am - 7:00 pm
December 30	Regular Hours	5:30 am - 10:00 pm
December 31	New Year's Eve, Closing Early	5:30 am - 4:00 pm
January 1	<b>New Year's Day, Holiday Hours</b>	9:00 am - 5:00 pm
January 2-3	Regular Hours	5:30 am -10:00 pm
January 4-5	Regular Hours	7:00 am - 7:00 pm

### Holiday Hours Schedule (December 26, 2019 & January 1, 2020) 9:00 am-5:00 pm

Program	Time	Location
Open Swim	9:00 am-4:45 pm	Main & Leisure Pool
Creative Hands and Feet (2.5-5 yrs)	9:15 am-10:45 am	MPR 1
Morning Mix (6-12 yrs)	9:15 am-10:45 am	MPR 2
Cycle Fit	9:30 am-10:30 am	MPR 5
Open Climb	12:00 pm-3:00 pm	Adventure Centre
Family Track Time	12:00 pm-3:00 pm	Track
Parent and Youth Training (10+ yrs)	2:00 pm-5:00 pm	Wellness Centre

### Child Minding

Monday - Thursday: 8:30 am-12 pm, 1-3 pm, 6-8:30 pm  
Friday: 8:30 am-12 pm, 1-3 pm  
Saturday: 8:30 am-12 pm  
Sunday: 9 am-12 pm  
Holidays: 9:00 am-12:00 pm



- ⑤ 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

- Adult/unsupervised programs**
- Child/supervised programs**  
(preschool participants must be toilet trained)
- Open program**
- Closed**



# Holiday Schedule

December 23- January 5, 2020



**YMCA of Oakville**  
Peter Gilgan Family YMCA

Thursday	Gym		Multi-purpose Rooms					Adventure Centre	Track	Other Programs
	1	2	1	2	3	4	5			
<b>For Dec. 26, 2019</b> <b>Open 9:00 am-5:00 pm</b> <b>CHECK</b> <b>Holiday Hours</b> <b>Schedule</b>  <b>Jan. 2, 2020</b> <b>Open 5:30 am-10:00 pm</b>	Core 8:00 am-8:45 am							Ⓢ Jungle Run 2.5-5 yrs 9:30 am-11:00 am		Aqua Fit 9:00 am-9:45 am
	HIIT 9:15 am-10:15 am							Ⓢ Cycle Fit 9:15 am-10:00 am	Ⓡ Aquatic Leadership 11:00 am-3:00 pm	Ⓡ Aquatic Leadership Youth Room 9:00 am-5:00 pm
	Yoga Fitness 10:30 am-11:30 pm		Ⓢ Creative Hands and Feet 2.5-5 yrs 9:15 am-10:45 am	Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am				Ⓢ TBC Gold 10:30 am-11:30 am		
	Adult Basketball 11:30 am-1:00 pm							Ⓢ TRX Boot Camp 12:00 pm-12:45 pm		Aqua Fit 1:15 pm-2:00 pm
	Game On 6-12 yrs 1:00 pm-2:30 pm	Games'n Mazes 2.5-5yrs 1:00 pm-2:30 pm						Ⓡ Aquatic Leadership 1:00 pm-5:00 pm	Open Climb 3:15 pm-8:30 pm	Parent & Youth Training 3:00 pm-7:00 pm
	Ⓡ School Age Child Care (SACC) 3:15 pm-6:00 pm	Basketball 13+yrs 3:30 pm-6:45 pm								
	Open Gym Time 6:00 pm-6:45 pm							Power Yoga 6:15 pm-7:15 pm		
	Strong by Zumba® 7:00 pm-8:00 pm		Y Kids 6-12 yrs 6:15 pm-7:15 pm		PlayTime 2.5-5 yrs 6:15 pm-7:15 pm		Ⓢ Cycle Fit 7:30 pm-8:30 pm			
	Adult Basketball 8:15 pm-10:00 pm									
	<b>Friday</b> <b>Dec. 27 and Jan. 3</b> <b>Open 5:30 am-10:00 pm</b>									
Ⓡ School Age Child Care (SACC) 7:00 am-9:15 am		Ⓡ School Age Child Care (SACC) 7:00 am-9:00 am					Ⓢ Cycle Fit 6:00 am-6:45 am 8:00 am-9:00 am	Ⓢ Jungle Run 2.5-5 yrs 9:30 am-11:00 am	Aqua Fit 9:00 am-9:45 am	
Kettlebell Cross Training 9:30 am-10:30 am							Ⓢ TRX Express 10:15 am-11:00 am	Ⓡ Aquatic Leadership 11:00 am-3:00 pm	Ⓡ Aquatic Leadership Youth Room 8:15 am-3:00 pm	
Gentle Fit 10:45 am-11:45 am	Family Gym Kids 11:00 am-12:15 pm	Ⓢ Creative Hands and Feet 2.5-5 yrs 9:15 am-10:45 am	Ⓢ Morning Mix 6-12 yrs 9:15 am-10:45 am		Ⓡ School Age Child Care (SACC) 7:00 am-6:00 pm					Ⓢ Cycle Fit 12:10 pm-12:45 pm
Ⓡ School Age Child Care (SACC) 12:00 pm-3:00 pm	Ⓢ Gym Time 2.5-5 yrs 1:30 pm-3:00 pm						Ⓡ Aquatic Leadership 1:00 pm-5:00 pm	Ⓢ Jungle Run 2.5-5 yrs 6:00 pm-7:15 pm	Parent & Youth Training 3:00 pm-7:00 pm	
Open Gym Time 3:30 pm-5:30 pm	Basketball 13+ yrs 3:30 pm-5:45 pm									
Zumba® 6:15 pm-7:15 pm	Game On 6-12 yrs 6:00 pm-7:15 pm	Ⓡ School Age Child Care (SACC) 11:00 am-6:00 pm						Youth & Teen Climb 10+yrs 7:15 pm-8:30 pm	Youth Room 10+ yrs 4:30 pm-8:30 pm	
Youth Sports 10+yrs 7:30 pm-8:30 pm	Basketball 13+yrs 7:30 pm-8:30 pm									
<b>Saturday</b> <b>Dec. 28 and Jan. 4</b> <b>Open 7:00 am-7:00 pm</b>										
Strong by Zumba® 8:30 am-9:30 am							Ⓢ Cycle Fit 8:30 am-9:30 am	Kids only Climb 6+yrs 10:00 am-11:15 am	Aqua Fit 8:00 am-8:45 am	
Ⓜ Family Drum Fit 7+yrs 10:00 am-10:45 am	Family Gym Kids 0-6yrs 10:00 am-11:30 am								Bootcamp 10:00 am-11:00 am	Ⓡ Aquatic Leadership MPR 6 8:15 am-3:00 pm
Open Gym Time 12:00 pm-3:00 pm	Room Booking/ Birthday Parties 12:00 pm-3:00 pm email: birthdayparty@oakville.ymca.ca	Ⓡ Aquatics 12:00-5:00 pm					Community Programs 12:00 pm-5:30 pm	Open Climb 11:30 am-3:15 pm	Parent & Youth Training 3:00 pm-7:00 pm	
Family Badminton 3:15 pm-4:15 pm	Adult Volleyball 4:30 pm-7:00 pm									Birthday Parties 3:30 pm-4:45 pm
<b>Sunday</b> <b>Dec. 29 and Jan. 5</b> <b>Open 7:00 am-7:00 pm</b>										
Yoga Fitness 9:00 am-9:45 am							Play Time 2.5-5 yrs 9:00 am-10:45 am	Ⓢ Cyclefit 9:00 am - 10:00 am	Kids only Climb 6+yrs 9:00am-10:45 am	Ⓡ Aquatic Leadership MPR 6 8:15 am-3:00 pm
HIIT 10:00 am-10:45 am	Family Badminton 11:00 am-1:00 pm									
Open Gym Time 1:00 pm-5:00 pm	Room Booking/ Birthday Parties 12:00 pm-5:30 pm email: birthdayparty@oakville.ymca.ca	Room Booking/ Birthday parties 1:30 pm-5:00 pm email: birthdayparty@oakville.ymca.ca					Room Booking/ Birthday parties 1:30 pm-5:00 pm email: birthdayparty@oakville.ymca.ca	Open Climb 11:00 am-1:00 pm	Parent & Youth Training 3:00 pm-7:00 pm	
Adult Basketball 5:00 pm-7:00 pm										Ⓢ TRX Express 11:15 am-12:00 pm

### Holiday Pool Schedule

Pools are available for open and lane swimming. Swim lessons will resume January 6.

Main pool opens 15 minutes after building opens and leisure pool opens 8:30 am. Main pool closes 15 minutes before building closes and leisure pool closes 30 minutes before building closes.