



# Peter Gilgan Family YMCA Fall Program Schedule

## Effective January 10, 2022

### FACILITY HOURS

Monday - Friday: 6am-9pm  
 Saturday-Sunday: 8am-4pm

### POOL HOURS

Monday - Friday: 7:30am-9pm  
 Saturday-Sunday: 8am-4pm

### PLEASE NOTE:

As per Government mandate, effective Jan 4, the YMCA of Oakville will require people to use the Vaccine QR code and the Verify Ontario app for everyone age 12 and older. The QR code can be used digitally or by printing a paper copy.

**MONDAY**

Time	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool					
							20m	23m	25m	25m	25m	
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM				CycleFit	Parkinson							Lane & Leisure Swim
8:30 AM												
9:00 AM		Preschool Play 9:15-10:30am			Healthy Hearts							AquaFit
9:30 AM	HIIT											
10:00 AM												Lane & Leisure Swim
10:30 AM												
11:00 AM	GentleFit											Lane & Leisure Swim
11:30 AM												
12:00 PM				CycleFit								Lane & Leisure Swim
12:30 PM												
1:00 PM												Lane & Leisure Swim
1:30 PM	Pickleball											
2:00 PM												Lane & Leisure Swim
2:30 PM												
3:00 PM												Lane & Leisure Swim
3:30 PM												
4:00 PM						Swim Lessons						Swim Lessons
4:30 PM	Basketball											
5:00 PM						Swim Lessons						Swim Lessons
5:30 PM												
6:00 PM		Preschool Play 6:15-7:30pm	GameOn 6:15-7:30pm	CycleFit		Swim Lessons						Swim Lessons
6:30 PM	Bootcamp											
7:00 PM						Family Swim						Swim Lessons
7:30 PM												
8:00 PM	Volleyball 16+											Lane & Leisure Swim
8:30 PM												
9:00 PM	FACILITY CLOSED											

**TUESDAY**

Time	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool					
							20m	23m	25m	25m	25m	
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM	Core											Lane & Leisure Swim
8:30 AM												
9:00 AM		Preschool Play 9:15-10:30am				Family Swim						AquaFit
9:30 AM	Zumba®			Cycle Fit								
10:00 AM						Swim Lessons						Lane & Leisure Swim
10:30 AM												
11:00 AM			Yoga			Family Swim						Lane & Leisure Swim
11:30 AM												
12:00 PM				TRX								Lane & Leisure Swim
12:30 PM												
1:00 PM												Lane & Leisure Swim
1:30 PM	Pickleball											
2:00 PM												Lane & Leisure Swim
2:30 PM												
3:00 PM												Lane & Leisure Swim
3:30 PM												
4:00 PM						Family Swim						Youth Lane Swim
4:30 PM	Youth Basketball											
5:00 PM						Family Swim						Lane & Leisure Swim
5:30 PM												
6:00 PM		Preschool Play 6:15-7:30pm	Arts & Crafts 6:15-7:30pm			Family Swim						Lane & Leisure Swim
6:30 PM	HIIT											
7:00 PM				CycleFit		Family Swim						AquaFit
7:30 PM												
8:00 PM	Basketball 16+											Lane & Leisure Swim
8:30 PM												
9:00 PM	FACILITY CLOSED											



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WEDNESDAY

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool				
							20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM				CycleFit	Parkinsons						Lane & Leisure Swim
8:30 AM											
9:00 AM		Preschool Play			Healthy Hearts	Family Swim					AquaFit
9:30 AM	Bars & Plates	9:15-10:30am									
10:00 AM						Swim Lessons					Lane & Leisure Swim
10:30 AM											
11:00 AM	GentleFit					Family Swim					Lane & Leisure Swim
11:30 AM											
12:00 PM				CycleFit							Lane & Leisure Swim
12:30 PM											
1:00 PM											AquaFit
1:30 PM											
2:00 PM	Pickleball										Lane & Leisure Swim
2:30 PM											
3:00 PM											Lane & Leisure Swim
3:30 PM											
4:00 PM											
4:30 PM	Basketball					Swim Lessons					Swim Lessons
5:00 PM						Swim Lessons					Swim Lessons
5:30 PM						Swim Lessons					Swim Lessons
6:00 PM		Preschool Play	Arts & Crafts			Swim Lessons					Swim Lessons
6:30 PM	Zumba®	6:15-7:30pm	6:15-7:30pm								Swim Lessons
7:00 PM				Yoga		Family Swim					Swim Lessons
7:30 PM	Badminton										Swim Lessons
8:00 PM											
8:30 PM											Lane & Leisure Swim
9:00 PM	FACILITY CLOSED										

THURSDAY

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool				
							20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM	Core										Lane & Leisure Swim
8:30 AM											
9:00 AM		Preschool Play									AquaFit
9:30 AM	Zumba®	9:15-10:30am									
10:00 AM											Lane & Leisure Swim
10:30 AM											
11:00 AM			Yoga								Lane & Leisure Swim
11:30 AM											
12:00 PM				TRX							Lane & Leisure Swim
12:30 PM											
1:00 PM											Lane & Leisure Swim
1:30 PM											
2:00 PM	Pickleball										Lane & Leisure Swim
2:30 PM											
3:00 PM											Lane & Leisure Swim
3:30 PM											
4:00 PM											
4:30 PM	Basketball					Family Swim					Lane & Leisure Swim
5:00 PM						Family Swim					Lane & Leisure Swim
5:30 PM						Family Swim					Lane & Leisure Swim
6:00 PM		Preschool Play	GameOn								Lane & Leisure Swim
6:30 PM	Bars & Plates	6:15-7:30pm	6:15-7:30pm								Lane & Leisure Swim
7:00 PM											
7:30 PM					CycleFit	Family Swim					Lane & Leisure Swim
8:00 PM	Basketball 16+										
8:30 PM											Adult Swim Lessons
9:00 PM	FACILITY CLOSED										



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FRIDAY

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool
7:30 AM							
8:00 AM							
8:30 AM				CycleFit	Parkinsons		Lane & Leisure Swim
9:00 AM		Preschool Play 9:15-10:30am			Healthy Hearts		Lane & Leisure Swim
9:30 AM	HIIT						Lane & Leisure Swim
10:00 AM							Lane & Leisure Swim
10:30 AM							Lane & Leisure Swim
11:00 AM	GentleFit					Family Swim	Lane & Leisure Swim
11:30 AM							Lane & Leisure Swim
12:00 PM							Lane & Leisure Swim
12:30 PM							Lane & Leisure Swim
1:00 PM							Lane & Leisure Swim
1:30 PM							Lane & Leisure Swim
2:00 PM	Pickleball						Lane & Leisure Swim
2:30 PM							Lane & Leisure Swim
3:00 PM							Lane & Leisure Swim
3:30 PM							Lane & Leisure Swim
4:00 PM						Swim Lessons	Swim Lessons
4:30 PM						Swim Lessons	Swim Lessons
5:00 PM						Swim Lessons	Swim Lessons
5:30 PM						Swim Lessons	Swim Lessons
6:00 PM	Basketball					Swim Lessons	Swim Lessons
6:30 PM						Family Swim	Swim Lessons
7:00 PM							Swim Lessons
7:30 PM							Swim Lessons
8:00 PM							Lane & Leisure Swim
8:30 PM							Lane & Leisure Swim
9:00 PM	FACILITY CLOSED						

SATURDAY

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool
8:00 AM							AquaFit
8:30 AM				CycleFit			
9:00 AM	Strong Nation®	Preschool Play 9:00-10:00am	Arts & Crafts 9:00-10:00am			Swim Lessons	Swim Lessons
9:30 AM						Swim Lessons	Swim Lessons
10:00 AM						Swim Lessons	Swim Lessons
10:30 AM						Swim Lessons	Swim Lessons
11:00 AM						Swim Lessons	Swim Lessons
11:30 AM						Swim Lessons	Swim Lessons
12:00 PM						Family Swim	Swim Lessons
12:30 PM							Swim Lessons
1:00 PM	Family Badminton					Family Swim	Lane & Leisure Swim
1:30 PM						Family Swim	Lane & Leisure Swim
2:00 PM						Family Swim	Lane & Leisure Swim
2:30 PM	Open Gym						Lane & Leisure Swim
3:00 PM							Lane & Leisure Swim
3:30 PM							Lane & Leisure Swim
4:00 PM	FACILITY CLOSED						

SUNDAY

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool				
							20m	23m	25m	25m	25m
8:00 AM											AquaFit
8:30 AM				CycleFit							
9:00 AM	Yoga					Family Swim					Lane & Leisure Swim
9:30 AM											Lane & Leisure Swim
10:00 AM						Family Swim					Lane & Leisure Swim
10:30 AM											Lane & Leisure Swim
11:00 AM						Family Swim					Lane & Leisure Swim
11:30 AM											Lane & Leisure Swim
12:00 PM						Family Swim					Lane & Leisure Swim
12:30 PM											Lane & Leisure Swim
1:00 PM						Family Swim					Lane & Leisure Swim
1:30 PM											Lane & Leisure Swim
2:00 PM	Adult Volleyball					Family Swim					Lane & Leisure Swim
2:30 PM											Lane & Leisure Swim
3:00 PM											Lane & Leisure Swim
3:30 PM											Lane & Leisure Swim
4:00 PM	FACILITY CLOSED										