



Peter Gilgan Family YMCA Program Schedule

Effective March 23, 2023

FACILITY HOURS

Monday - Friday: 6 am to 10 pm
 Saturday: 8 am to 6 pm
 Sunday/Holidays: 8 am to 4 pm

POOL HOURS

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

CHILD MINDING

0 to 3 years. \$80/20 hours
 Monday/Wednesday/Saturday: 9 to 11 am, Monday to Thursday: 5 to 8 pm
 Please book 24 hours in advance through mywellness or customer service.

MONDAY																
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool								
								20 m	23 m	25 m	25 m	25 m				
6:00 AM																
6:30 AM																
7:00 AM								Lane Swim								
7:30 AM																
8:00 AM																
8:30 AM							CycleFit 8-9 am									
9:00 AM	Box/CircuitFit 9:15-10 am		Creative Creations 3-5 yrs 9:15-10:45 am					Family Leisure Swim					AquaFit			
9:30 AM													Lane Swim			
10:00 AM													Lane Swim			
10:30 AM	GentleFit 10:30-11:15 am							Lane Swim								
11:00 AM							Lane Swim									
11:30 AM							Lane Swim									
12:00 PM							CycleFit 12:00 pm									
12:30 PM								Lane Swim								
01:00 PM		Homeschool Game On 6-15 yrs 1-2:30 pm											Lane Swim			
01:30 PM													Lane Swim			
02:00 PM								Lane Swim								
02:30 PM		Rental 2:30-3:30 pm											Lane Swim			
03:00 PM													Lane Swim			
03:30 PM								Lane Swim								
04:00 PM													Lane Swim			
04:30 PM	Drop in Basketball 3:30-6 pm		Digital Art 9-13 yrs 4-5 pm 5-6 pm *Registered										Swim Lessons			
05:00 PM		Drop in Dodgeball 6-12 yrs 5-6 pm							Swim Lessons							
05:30 PM									Swim Lessons							
06:00 PM								Swim Lessons								
06:30 PM	BootCamp 6:30 pm	Game On 6-12 yrs 6:15-7:30 pm				Zumba 6:30 -7:15 pm	MP6 Preschool Play 3-5 yrs 6:15-7:30 pm	Family Swim					Swim Lessons			
07:00 PM													Swim Lessons			
07:30 PM	Volleyball 16+ 7:45-10 pm		YOGA 7:30-8:15 pm					Lane Swim								
08:00 PM													Lane Swim			
08:30 PM														Lane Swim		
09:00 PM														Lane Swim		
09:30 PM																
10:00 PM	FACILITY CLOSED															



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TUESDAY												
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool				
								20 m	23 m	25 m	25 m	25 m
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM												
8:30 AM	CORE 8 am											
9:00 AM	Zumba 9:15-10 am											
9:30 AM												
10:00 AM	Fit For Life 10:15-11 am											
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM												
12:30 PM												
01:00 PM												
01:30 PM												
02:00 PM												
02:30 PM												
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04:30 PM												
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06:00 PM												
06:30 PM												
07:00 PM												
07:30 PM												
08:00 PM												
08:30 PM												
09:00 PM												
09:30 PM												
10:00 PM	FACILITY CLOSED											



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WEDNESDAY															
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool							
								20 m	23 m	25 m	25 m	25 m			
6:00 AM															
6:30 AM															
7:00 AM								Lane Swim							
7:30 AM															
8:00 AM															
8:30 AM							CycleFit 8-9 am								
9:00 AM	Y Strength 9:15-10 am		Creative Creations 3-5 yrs 9:15-10:45 am					Family Leisure Swim							
9:30 AM															
10:00 AM	GentleFit 10:30-11:15 am								Lane Swim						
10:30 AM															
11:00 AM									Lane Swim						
11:30 AM									Lane Swim						
12:00 PM															
12:30 PM							CycleFit 12 pm								
01:00 PM		Homeschool Game On 6-15 yrs 1-2:30 pm								AquaFit					
01:30 PM										Lane Swim					
02:00 PM									Lane Swim						
02:30 PM		Rental 2:30-3:30 pm							Lane Swim						
03:00 PM									Lane Swim						
03:30 PM									Lane Swim						
04:00 PM		Floor Hockey 6-12 yrs 4:15-5 pm						Swim Lessons	Swim Lessons						
04:30 PM															
05:00 PM	Open Gym	Spikeball 12+ yrs 5:15-6 pm						Swim Lessons	Swim Lessons						
05:30 PM															
06:00 PM	ZUMBA 6:30 pm	Game On 6-12 yrs 6:15-7:30 pm	Taekwondo - in MP5				MP6 Preschool Play 6:15-7:30 pm	Swim Lessons	Swim Lessons						
06:30 PM					6-6:45 pm Beginner & Yellow Stripe (7+)							Swim Lessons			
07:00 PM			6:45-7:30 pm Yellow & Orange Belt (7+)			YOGA in MP1 7:30 pm		Family Swim	Swim Lessons						
07:30 PM	Badminton 16+ yrs 7:45-10 pm		7:30-8:15 pm Green-Red Belt							Lane Swim					
08:00 PM										Lane Swim					
08:30 PM					8:15-9:30 pm Black Stripe & Black Belt						Lane Swim				
09:00 PM					*Registered program						Lane Swim				
09:30 PM															
10:00 PM	FACILITY CLOSED														



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THURSDAY													
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool					
								20 m	23 m	25 m	25 m	25 m	
6:00 AM													
6:30 AM													
7:00 AM						Wellness Floor HIIT 7 am		Lane Swim					
7:30 AM													
8:00 AM	CORE 8 am												
8:30 AM													
9:00 AM	Zumba 9:15-10 am		Creative Creations 3-5 yrs 9:15-10:45 am			PhysioAID 9-10 am		AquaFit					
9:30 AM													
10:00 AM								Lane Swim					
10:30 AM													
11:00 AM						YOGA 11- 12 am		Lane Swim					
11:30 AM													
12:00 PM						TRX 12 pm		Lane Swim					
12:30 PM													
01:00 PM	Pickleball							Lane Swim					
01:30 PM													
02:00 PM									Lane Swim				
02:30 PM													
03:00 PM									Lane Swim				
03:30 PM													
04:00 PM	Drop-in Basketball 3-5:45 pm	Y Soccer Skills (R) 3-5 yrs 4:00-4:45 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm					Family Swim	Private lesson bookings	Lane Swim	Swim Lessons	Lane Swim		
04:30 PM							Family Swim						
05:00 PM												Family Swim	
05:30 PM	Youth Basketball League 6-8 pm	Strong Nation 6:30-7:15 pm				Game On 6-12 yrs 6:15-7:30 pm	Childminding Room Preschool Play 6:15-7:30 pm					Family Swim	
06:00 PM							Family Swim						
06:30 PM													
07:00 PM													
07:30 PM													
08:00 PM	Basketball 16+ 8-10 pm		Adult Jiu-Jitsu 7-9 pm					Adult Lessons					
08:30 PM													
09:00 PM													
09:30 PM													
10:00 PM	FACILITY CLOSED												



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FRIDAY													
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool					
								20 m	23 m	25 m	25 m	25 m	
6:00 AM													
6:30 AM													
7:00 AM								Lane Swim					
7:30 AM													
8:00 AM													
8:30 AM					CycleFit 8-9 am								
9:00 AM							Family Leisure Swim	AquaFit					
9:30 AM	BootCamp 9:15-10 am		Creative Creations 3-5 yrs 9:15-10:45 am										
10:00 AM					Stretch and Mobility 10:15-11 am								
10:30 AM	GentleFit 10:30-11:15 am							Lane Swim					
11:00 AM								Lane Swim					
11:30 AM								Lane Swim					
12:00 PM								Lane Swim					
12:30 PM					CycleFit 12-1 pm			Lane Swim					
01:00 PM								Lane Swim					
01:30 PM								Lane Swim					
02:00 PM							Lane Swim						
02:30 PM							Lane Swim						
03:00 PM							Lane Swim						
03:30 PM	Drop in Basketball 3:30-6 pm							Lane Swim					
04:00 PM							Swim Lessons	Swim Lessons					
04:30 PM									Swim Lessons				
05:00 PM	Sports Mix 6-8 yrs 4:30-5:15 pm	Open Gym					Swim Lessons	Swim Lessons					
05:30 PM								Swim Lessons					
06:00 PM	9-12 yrs 5:30-6:15 pm	Zumba 6:30-7:15 pm					Swim Lessons	Swim Lessons					
06:30 PM								Swim Lessons/ Adult Lessons					
07:00 PM	Open Gym 7:30-10 pm						Family Swim	Swim Lessons/ Adult Lessons					
07:30 PM									Lane Swim				
08:00 PM									Lane Swim				
08:30 PM									Lane Swim				
09:00 PM									Lane Swim				
09:30 PM									Lane Swim				
10:00 PM	FACILITY CLOSED												



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SATURDAY													
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool					
								20 m	23 m	25 m	25 m	25 m	
8:00 AM													
8:30 AM					CycleFit 8:30 am							AquaZumba	
9:00 AM	Strong Nation® 9-10 am		Jiu-Jitsu Ages 6-8 yrs 9:00-10:00 am Ages 9-12 yrs 10:15-11:45 am Ages 13-17 yrs 12:00-1:30 pm							Swim Lessons		Swim Lessons	
9:30 AM											Swim Lessons		Swim Lessons
10:00 AM	Family Basketball 10-11:30 am	Family Gym Kids 10:15-11:30 am				Family Zumba 10-11 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 Badminton 12-2:30 pm									Family Swim		Swim Lessons	
12:30 PM										Family Swim		Swim Lessons	
01:00 PM											Family Swim	Private lesson bookings	Lane Swim
01:30 PM											Family Swim		Lane Swim
02:00 PM								Family Swim	Lane Swim				
02:30 PM	Open Gym 2:30-6 pm	Birthday Parties 2:30-4:30 pm										Lane Swim	
03:00 PM												Lane Swim	
03:30 PM													Lane Swim
04:00 PM			Open Gym 4:30-6 pm										
04:30 PM													
05:00 PM													
05:30 PM													
06:00 PM	FACILITY CLOSED												

SUNDAY													
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Other	Leisure Pool	Main Pool					
								20 m	23 m	25 m	25 m	25 m	
8:00 AM													
8:30 AM					CycleFit 8:30 am							Lane Swim	
9:00 AM	YOGA 9-9:45 am									Family Swim		Lane Swim	
9:30 AM										Family Swim		Lane Swim	
10:00 AM	Volleyball 10-12 pm									Family Swim		Lane Swim	
10:30 AM										Family Swim		Lane Swim	
11:00 AM											Family Swim		Lane Swim
11:30 AM											Family Swim		Lane Swim
12:00 PM	Closed for Setup									Family Swim		Lane Swim	
12:30 PM	Open Gym 12:30-4 pm	Birthday Parties 12:30-4 pm								Family Swim		Lane Swim	
01:00 PM										Family Swim		Lane Swim	
01:30 PM											Family Swim		Lane Swim
02:00 PM											Family Swim		Lane Swim
02:30 PM													
03:00 PM													Lane Swim
03:30 PM													Lane Swim
04:00 PM	FACILITY CLOSED												