



Peter Gilgan Family YMCA Program Schedule

Effective January 8, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
Saturday: 9 to 11 am
Monday/Thursday: 5 to 8 pm
Please book 24 hours in advance (My wellness/customer service)

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

MONDAY							
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					CycleFit 8-8:45 am (SU)		
8:30 AM							
9:00 AM	CircuitFit 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)				
9:30 AM							
10:00 AM							
10:30 AM	GentleFit 10:30-11:15 am (SU)						
11:00 AM						Parented Preschool Play 3-4 yrs 11am-1pm	
11:30 AM							
12:00 PM					CycleFit 12-12:45 pm (SU)		
12:30 PM							
01:00 PM		Homeschool Game On 6-15 yrs 1-2:30 pm (SI)					
01:30 PM							
02:00 PM	Rental 2:30-3:30 pm						
02:30 PM							
03:00 PM							
03:30 PM	Basketball 3-6 pm (DI)						
04:00 PM		Sports Mix 6-12 yrs 4-5 pm (SI)				Parented Preschool Play 3-4 yrs 4-6pm	
04:30 PM							
05:00 PM		Dodgeball 6-12 yrs 5-6 pm (SI)					
05:30 PM					Barre 5:30-6:15 pm (SU)		
06:00 PM							
06:30 PM	BootCamp 6:30 - 7:15 pm (SU)	Fun & Games 6-12 yrs 6:15-7:30 pm (SI)	Arts & Crafts 6-12 yrs 6:15-7:15 pm (SI)		Zumba 6:30 -7:15 pm (SU)	Parented Children's Play 5-10 yrs 6:15-8:30pm	Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm
07:00 PM							
07:30 PM	Volleyball 16+ 7:45-10 pm (DI)		YOGA 7:30-8:15 pm (SU)				
08:00 PM							
08:30 PM							
09:00 PM							
09:30 PM							
10:00 PM	FACILITY CLOSED						

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TUESDAY								
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other	
6:00 AM					Cyclefit 6:15-7 am (SU)			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	CORE 8-8:45 am (SU)							
8:30 AM								
9:00 AM	Zumba 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)					
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	YOGA 11-11:45 am (SU)					Parented Preschool Play 3-4 yrs 11am-1pm		
11:30 AM								
12:00 PM					TRX 12-12:45 pm (SU)			
12:30 PM								
01:00 PM	Pickleball 1-3 pm (DI)							
01:30 PM					Parkinsons Program 1:30-2:30 (RP)			
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM						Parented Children's Play 5-10 yrs 4-6pm		
04:30 PM								
05:00 PM		Y Bball Skills 3-5 yrs 4-4:45 pm 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm (RP)						
05:30 PM								
06:00 PM								Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm
06:30 PM	Circuit Fit 6:30-7:15 pm (SU)	Fun & Games 6-12 yrs 6:15-7:30 pm (SI)			Family Zumba 6:30-7:15 pm (SU)	Parented Preschool Play 3-4 yrs 6:15-7:15pm		
07:00 PM								
07:30 PM	Basketball 16+ 7:45-10 pm (DI)		Adult Jiu-Jitsu 7-9 pm (RP)			Parented Children's Play 5-10 yrs 7:30-8:30pm		
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	Family Play Centre	Other	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM	Pickleball 7:30-9 am (DI)							
8:00 AM					CycleFit 8-8:45 am (SU)			
8:30 AM								
9:00 AM	Strength Training 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)					
9:30 AM					Fit For Life 9:15-10 am (SU)			
10:00 AM	GentleFit 10:30-11:15 am (SU)							
10:30 AM								
11:00 AM						Parented Preschool Play 3-4 yrs 11am-1pm		
11:30 AM								
12:00 PM	Rental 12-1 pm				CycleFit 12-12:45 pm (SU)			
12:30 PM								
01:00 PM		Homeschool Game On 6-15 yrs 1-2:30 pm (SI)						
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM	Volleyball Skills 5-9 yrs 4-4:45 pm 10-14 yrs 5-5:45 pm (RP)	Racquet Sports 6-12 yrs 4-5 pm (SI)				Parented Preschool Play 3-4 yrs 4-6pm		
04:30 PM								
05:00 PM		Basketball 5-6 pm (DI)						
05:30 PM								
06:00 PM			Fun & Games 6-12 yrs 6:15-7:15 pm (SI)		Taekwondo 6-6:45 pm Beginner & Yellow Stripe (7+) 6:45-7:30 pm Yellow & Orange Belt (7+) 7:30-8:15 pm Green-Red Belt 8:15-9:30 pm Black Stripe & Black Belt (RP)			
06:30 PM	ZUMBA 6:30-7:15 pm (SU)						Children's Play 5-10 yrs 6:15-7:15pm	Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm
07:00 PM			YOGA 7:30-8:15 pm (SU)					
07:30 PM	Badminton 16+ yrs 7:45-10 pm (DI)						Parented Children's Play 5-10 yrs 7:30-8:30 pm	
08:00 PM								
08:30 PM								
09:00 PM								
09:30 PM								
10:00 PM	FACILITY CLOSED							

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THURSDAY							
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
6:00 AM							
6:30 AM							
7:00 AM							HIIT 7-7:45 am (SU)
7:30 AM							
8:00 AM	CORE 8-8:45 am (SU)						
8:30 AM							
9:00 AM	Zumba 9:15-10 am (SU)		Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)		BoxFit 9:15:10 am (SU)		
9:30 AM							
10:00 AM							
10:30 AM	Rental 10:30-12:30 pm						
11:00 AM			YOGA 11- 12 am (SU)			Parented Preschool Play 3-4 yrs 11 am-1 pm	
11:30 AM							
12:00 PM	Rental 12-1 pm				TRX 12-12:45 pm (SU)		
12:30 PM							
01:00 PM	Pickleball 1-3 pm (DI)						
01:30 PM					Parkinsons Program 1:30-2:30 (RP)		
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM	Basketball 3-6 pm (DI)	Y Soccer Skills 3-5 yrs 4:00-4:45 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm (RP)					
04:00 PM						Parented Children's Play 5-10 yrs 4-6 pm	Teen Learn to Lift 4-5 pm (SU)
04:30 PM							
05:00 PM							
05:30 PM							
06:00 PM							
06:30 PM	Youth Basketball League 6:30-7:30 pm (RP)				TRX 6:30-7:15 pm (SU)	Parented Preschool Play 3-4 yrs 6:15-7:15 pm	Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm
07:00 PM							
07:30 PM			Adult Jiu-Jitsu 7-9 pm (RP)				
08:00 PM	Basketball 16+ 7:45-10 pm (DI)						
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	Family Play Centre	Other	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM					CycleFit 8-8:45 am (SU)			
8:30 AM								
9:00 AM			Arts & Crafts 3-5 yrs 9:15-10:45 am (SI)					
9:30 AM	BootCamp 9:15-10 am (SU)							
10:00 AM					Stretch and Mobility 10:15-11 am (SU)			
10:30 AM	GentleFit 10:30-11:15 am (SU)							
11:00 AM						Parented Preschool Play 3-4 yrs 11am-1 pm		
11:30 AM								
12:00 PM	Rental 12-1 pm				CycleFit 12-1 pm (SU)			
12:30 PM								
01:00 PM	Pickleball 1-3 pm (DI)					Parented Children's Play 5-10 yrs 1-2:30 pm		
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM						Parented Preschool Play 3-4 yrs 4-6 pm		
04:30 PM								
05:00 PM					Rental 5-8:30 pm			
05:30 PM								
06:00 PM								
06:30 PM	Fun & Games 6:15-7:30 pm 6-12 yrs (SI)	Zumba 6:30-7:15 pm (SU)						
07:00 PM								
07:30 PM	Deep Roots Basketball 14+ 7:30-9 pm (DI)					Parented Children's Play 5-10 yrs 7:30-8:		
08:00 PM								
08:30 PM								
09:00 PM								
09:30 PM								
10:00 PM	FACILITY CLOSED							

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SATURDAY								
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other	
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM					CycleFit 8:30-9:15 am (SU)			
9:00 AM	Strong Nation® 9-10 am (SU)		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 (RP)					
9:30 AM								
10:00 AM	Family Sports 10-11:30 am (DI)	Family Gym Kids 10:15-11:30 am (DI)				Parented Children's Play 5-10 yrs 10am-12:20pm		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM	Family Badminton 12-2:30 pm (DI)							
12:30 PM								
01:00 PM								Teen Conditioning Course 10-15 yrs 1-2 pm (SU)
01:30 PM								
02:00 PM								
02:30 PM	Closed for Setup 2:30-3 pm							
03:00 PM		Birthday Parties 3-6 pm						
03:30 PM								
04:00 PM						Birthday Parties 3:30-5:30pm		
04:30 PM								
05:00 PM								
05:30 PM								
06:00 PM								
06:30 PM								
07:00 PM	FACILITY CLOSED							

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SUNDAY							
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
8:00 AM							
8:30 AM					CycleFit 8:30-9:15 am (SU)		
9:00 AM	YOGA 9-9:45 am (SU)						
9:30 AM							
10:00 AM	Youth Indoor Soccer League 6-10 yrs 10 am - 1 pm (RP)					Parented Children's Play 5-10 yrs 10am-12pm	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
01:00 PM	Basketball League 1-3 pm (RP)					Parented Preschool Play 3-4 yrs 12-2pm	
01:30 PM							
02:00 PM							
02:30 PM							Birthday Parties 2:30-5:30pm
03:00 PM	Birthday Parties 2:30-5:30 pm						
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM							
05:30 PM							
06:00 PM		FACILITY CLOSED					

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