MONDAY SCHEDULE



Effective June 30th, 2025

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*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Pickleball 16+ yrs				CodeFia	
8:30 AM	7:30-9 am (DI)				CycleFit 8-8:45 am	
9:00 AM					(SU)	Child Minding
9:30 AM	Circi	uitFit		Morning Mix		+ Arts & Crafts
10:00 AM		D:15 am (U)		9:15-10:45 am 6-12 yrs		3 m-5 yrs 9:15-10:45 am
10:30 AM		tleFit	_	0 12 yis		(RP)
11:00 AM	10:30-1	1:15 am (U)			Chair Yoga + Stretch 10:30-11:15 am (SU)	
11:30 AM					(30)	
12:00 PM			Camp		CycleFit 12-12:45 pm (SU)	
12:30 PM			8 am- 5 pm	Camp 11 am- 5 pm		
01:00 PM		o Gym				Comm
01:30 PM	11:30 am	n-3:30 pm				Camp MP4
02:00 PM						11 am-5 pm
02:30 PM						
03:00 PM					Camp	
03:30 PM	Basketball				2-5 pm	
04:00 PM	10+ yrs					
04:30 PM	3:30-5 pm (DI)					
05:00 PM						Child Minding
05:30 PM	Strength Training	Sports Mix 10-16 yrs				3 m-3 yrs 5-8 pm
06:00 PM	5:15-6 pm (SU)	5-6 pm (SI)				(RP) Preschool Play
06:30 PM		nba				3-5 yrs
07:00 PM	6:15 (S	-7 pm U)				6:15-7:30 pm (SI)
07:30 PM	BootCamp 7:15 - 8 pm (SU)		Fun & 6-12 6:15-7 (S	:30 pm	YOGA 7:15-8 pm (SU)	Arts & Crafts MPR 4 6-12 yrs
08:00 PM					(30)	6:15-7:15 pm (SI)
08:30 PM		pall 16+ O pm				
09:00 PM	6-10 (I	OI)				
09:30 PM						
10:00 PM			FACILITY	CLOSED	<u> </u>	

TUESDAY SCHEDULE



Effective June 30th, 2025

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*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM		RE		,		
8:30 AM	8-8:4 (S					
9:00 AM	Gym :	Setup				
9:30 AM	Zumba				Zumba	
10:00 AM	9:30-10):15 am			9:30-10:15 am	
10:30 AM	(S	U)			(SU)	
11:00 AM			_			
11:30 AM	_					
12:00 PM	Camp 10-30 am-12:30 pm				TRX	Camp MPR 4 8 am- 5 pm
12:30 PM				mp - 5 pm	12-12:45 pm (SU)	
01:00 PM						
01:30 PM		eball - yrs				
02:00 PM	12:30	-3 pm			Rental 1:30-2:30 pm	
02:30 PM	1)	ווי)			1.50-2.50 pm	
03:00 PM	Basko					
03:30 PM		- yrs pm				
04:00 PM	3-4 pm (DI)				Camp 3-5 pm	
04:30 PM	Y Bbal				3-5 pm	
05:00 PM		pm				
05:30 PM	5-6	4 yrs pm P)				
06:00 PM	Gym :					
06:30 PM		Fun & Games				Child Minding
07:00 PM	Circuit Fit 6:30-7:15 pm (SU)	6-12 yrs 6:15-7:30 pm (SI)			Family Zumba 6:15-7:15 pm (SU)	3 m-3 yrs 5-8 pm (RP)
07:30 PM	Basketball 16+		Adult Jiu-Jitsu 7-9 pm (RP)			Preschool Play (MPR 4) 3-5 yrs 6:15-7:30 pm (SI)
08:00 PM	7:45-	10 pm				
08:30 PM	(L	DI)				
09:00 PM						
09:30 PM						
10:00 PM			FACILIT)	Y CLOSED		

WEDNESDAY SCHEDULE



Effective June 30th, 2025

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*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM		eball				
8:00 AM		yrs 9 am			CycleFit	
8:30 AM	(DI)				8-8:45 am	
9:00 AM	Strength Training				(SU)	Child Minding
9:30 AM	9:30-10):15 am		Morning Mix		+ Arts & Crafts
10:00 AM	(S	U)		9:15-10:45 am 6-12 yrs		3 m-5 yrs 9:15-10:45 am
10:30 AM	Gent	leFit		0 12 113	Fit For Life	(RP)
11:00 AM	10:30-1				10:30-11:15 am	
11:30 AM	(S	U)			(SU)	
12:00 PM			Camp		CycleFit	
12:30 PM			8 am- 5 pm		12-12:45 pm (SU)	Camp MP4
01:00 PM	Camp					
01:30 PM	12-3 pm					
02:00 PM				Camp 12-5 pm		11 am-5 pm
02:30 PM				12-5 pm		
03:00 PM					Camp	
03:30 PM					2-5 pm	
04:00 PM	Volleyball Skills	Basketball 3:30-4:45 pm				
04:30 PM	5-9 yrs 4-5 pm	(DI)				
05:00 PM	10-14 yrs 5-6 pm					
05:30 PM	(RP)	Pickleball Lessons - Youth				
06:00 PM	Gym Setup	10-16 yrs 4:45-6 pm (RP)				
06:30 PM	ZUMBA	Fun & Games 6-12 yrs			Taekwondo 6-6:45 pm	Child Minding 3 m-3 yrs
07:00 PM	6:30-7:15 pm (SU)	6:15-7:30 pm (SI)			Beginner & Yellow Stripe (7+) 6:45-7:30 pm	5-8 pm (RP)
07:30 PM			YOGA 7:30-8:15 pm		Yellow & Orange Belt (7+) 7:30-8:15 pm Green-Red Belt 8:15-9:30 pm	Preschool Play (MPR 4)
08:00 PM	Badminton 16+ yrs		(S	5U)		3-5 yrs 6:15-7:30 pm (SI)
08:30 PM	7:45- ⁻ ([Black Stripe & Black Belt (RP)	
09:00 PM					(nr)	
09:30 PM						
10:00 PM			FACILIT	Y CLOSED		



Effective June 30th, 2025

THURSDAY SCHEDULE

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*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM		RE				
8:30 AM	8-8:45 am (SU)					
9:00 AM	(5		Can		mp	
9:30 AM	Zumba			8 am-10 pm		
		nba):15 am				Small Group Training Wellness Floor
10:00 AM	(S	U)				9:30am-10:15am
10:30 AM	Gym	Setup				(RP)
11:00 AM		GA		Rental	Rental	
11:30 AM		2 am U)		10:30 am - 12 pm	10:30 - 11:30 am	
12:00 PM					TRX	1
12:30 PM		Camp Camp 12-1 pm Camp	12-12:45 pm			
01:00 PM		<u> </u>	8 am-5 pm		(SU)	Camp
01:30 PM						1 am-4 pm
02:00 PM		Pickleball 1-3 pm		Rental		
02:30 PM		DI)		1:30-2:30	30	
03:00 PM						
03:30 PM					Camp 1-5 pm	
04:00 PM		etball				Y Soccer Skills
04:30 PM	10+ yrs 3-4:15 pm (DI)			Camp 3-5 pm		(MPR 4) 3-5 yrs 4-5 pm (RP)
05:00 PM	Y Soccer Skills					Child Minding
05:30 PM	6-9 4:15-5	l yrs :15 pm			Box HIIT	3 m-3 yrs 5-8 pm
06:00 PM	. 4:15-5:15 pm 10-14 yrs 5:15-6:15 pm (RP)				5:15-6 pm (Starts August 7th)	(RP) Preschool Play
06:30 PM	Elite Basketball Training	Girls Basketball Program			TOV	3-5 yrs
07:00 PM	13-17 yrs 6:30-7:30 pm	10-14 yrs 6:30-7:30 pm			TRX 6:30-7:15 pm (SU)	6:15-7:30 pm (SI)
07:30 PM	(RP)	(RP)			(50)	
08:00 PM	Basketball 16+ 7:45-10 pm		7-9	l iu-Jitsu 9 pm RP)	Stretch & Mobility 7:30-8:15 pm (SU)	MPR 4 6-12 yrs 6:15-7:15 (SI)
08:30 PM	([OI)				
09:00 PM				I		
09:30 PM						
10:00 PM			FACILITY	Y CLOSED		

FRIDAY SCHEDULE

Shine On Oakville

Effective June 30th, 2025

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: 3 months to 3 yea 6:30 am to 9 pm Monday, Wednesd Tuesday/Thursday: 7:15 am to 9 pm 9:15 to 10:45 am Saturday/Sunday: 8 am to 4 pm **Please book Child M

CHILD MINDING*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
6:00 AM	·	,				
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM		Camp				
10:00 AM		D:15 am U)				Camp MPR 4
10:30 AM		tleFit			Stretch and Mobility	8 am-3 pm
11:00 AM		1:15 am U)			10:30-11:15 am (SU)	
11:30 AM	,-	/			(==)	Child Minding
12:00 PM		Lesson 16+		тр		+ Arts & Crafts 3 m-5 yrs
12:30 PM	12 am (R	-1 pm P)	8 am-	-5 pm	CycleFit	9:15-10:45 am
01:00 PM					12-1 pm (SU)	
01:30 PM	Pickleball	Pickleball				
02:00 PM	16+ yrs 1-3 pm	16+ yrs 1-3 pm				
02:30 PM	(DI)	(DI)				
03:00 PM						
03:30 PM					Camp 1:30-5 pm	Digital Arts Board Room
04:00 PM						8-14 yrs
04:30 PM		etball				5-7 pm (RP)
05:00 PM		- yrs 5 pm				••••••
05:30 PM])	OI)				Child Minding
06:00 PM		I				3 m-3 yrs
06:30 PM 07:00 PM	Sports Mix 6:15-7:30 pm 10-14 yrs	Zumba 6:30-7:15 pm (SU)				5-8 pm (RP)
07:30 PM	(SI)		6-8:3	, Night 10 pm DI)		Preschool Play 3-5 yrs 6:15-7:30 pm (SI)
08:00 PM	Volleyball 16+ 7:30-10 pm (DI)					
08:30 PM	,					
09:00 PM						
09:30 PM						
10:00 PM	FACILITY CLOSED					

SATURDAY SCHEDULE

Effective June 30th, 2025

FACILITY HOURS

Monday to Friday: 6 am to 10 pmMonday/Wednesday/Friday:Saturday: 7 am to 7 pm6:30 am to 9 pmSunday: 8 am to 6 pmTuesday/Thursday: 7:15 am toHolidays: 8 am to 4 pmSaturday/Sunday: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 3 months to 3 yea 6:30 am to 9 pm Monday, Wednesd Tuesday/Thursday: 7:15 am to 9 pm 9:15 to 10:45 am Saturday/Sunday: 8 am to 4 pm **Please book Child M

CHILD MINDING*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: 9:15 to 10:45 am *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM	Gym S	Setup				
9:00 AM	н	IT			CycleFit	
9:30 AM	9-10 (Si	am			8:30-9:15 am (SU)	Child Minding with Preschool Play 3 m-5 yrs
10:00 AM	Family Sports	Family Gym Kids	Jiu-J	itsu		9-11 am (RP)
10:30 AM	10-11:30 am	10:15-11:30 am	Ages 6-8 yrs			(NP)
11:00 AM	(DI)	(DI)	9:00-10	:00 am		
11:30 AM			Ages 9			
12:00 PM			10:15-1	1:45 am		Birthday Parties 11 am-1 pm
12:30 PM			Ages 13-17 yrs			
01:00 PM	Family Badminton 12-2:30 pm (DI)		12:00-1:30 pm (RP)			
01:30 PM						
02:00 PM						
02:30 PM	Gym Setup					
03:00 PM						Small Group Training 2:15-3:00pm (SU)
03:30 PM						
04:00 PM		Birthday Parties	Birthday			
04:30 PM		3-6 pm	3-6	pm		
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM			FACILITY	CLOSED		

¹⁻ schedule subject to changes. Check website for updates: ymcaofoakville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times

SUNDAY SCHEDULE



Effective June 30th, 2025

FACILITY HOURS

Saturday: 7 am to 7 pm Sunday: 8 am to 6 pm Holidays: 8 am to 4 pm

POOL HOURS

Monday to Friday: 6 am to 10 pm Monday/Wednesday/Friday: 6:30 am to 9 pm Tuesday/Thursday: 7:15 am to 9 pm 9:15 to 10:45 am Saturday/Sunday: 8 am to 4 pm

CHILD MINDING*

3 months to 3 years. \$80/20 hrs Monday, Wednesday + Friday: *Please book Child Minding 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm Saturday/ Sunday: 10 am to 12 pm Ages 3-12 yrs

SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (Technogym App or website)

RP = Registered Program (Register online, additional fee \$)

	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	MPR 4/Other
8:00 AM						
8:30 AM					CoolsEid	
9:00 AM		GA			CycleFit 8:30-9:15 am	
9:30 AM	9-9:45 am (SU)				(SU)	
10:00 AM						
10:30 AM						
11:00 AM	Family Pickleball 10-11:45 pm	Family Sports 10-11:45 pm				
11:30 AM	(DI)	(DI)			Birthday Parties 11 am-12 pm	Girls Small Group Training 11-11:45 am 12-16 yrs (SU)
12:00 PM	Basketball League 10-14yrs 11:45-1:15pm (RP)					
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM		Birthday	Birth			
04:30 PM		Parties 2:30-5:30 pm	Parties 2:30-5:30 pm			
05:00 PM	·					
05:30 PM						
06:00 PM			FACILITY	CLOSED		•

¹⁻ schedule subject to changes. Check website for updates: ymcaofoakville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times