

MONDAY 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 \$)
DI = Drop In (Anyone over age 10 can attend)

| | 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 | Pickleball 16+ yrs 7:30-9 am (DI) | | Camp 8 am- 5 pm | | | | |
| 8:00 AM | | | | | CycleFit 8-8:45 am (SU) | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | Morning Mix 9:15-10:45 am 6-12 yrs | Child Minding + Arts & Crafts 3 m-5 yrs 9:15-10:45 am (RP) | |
| 9:30 AM | CircuitFit 9:30-10:15 am (SU) | | | | | | |
| 10:00 AM | | | | | Camp MP4 11 am-5 pm | | |
| 10:30 AM | GentleFit 10:30-11:15 am (SU) | | | Chair Yoga + Stretch 10:30-11:15 am (SU) | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | Camp Gym 11:30 am-3:30 pm | | | CycleFit 12-12:45 pm (SU) | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 01:00 PM | | | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | Camp 2-5 pm | | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | | | | | | | |
| 03:30 PM | | | | Basketball 10+ yrs 3:30-5 pm (DI) | | | |
| 04:00 PM | | | | | | | |
| 04:30 PM | | | | | | | |
| 05:00 PM | Strength Training 5:15-6 pm (SU) | Sports Mix 10-16 yrs 5-6 pm (SI) | | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | | | | | |
| 06:30 PM | Zumba 6:15 -7 pm (SU) | | | | | | |
| 07:00 PM | | | | | | | |
| 07:30 PM | BootCamp 7:15 - 8 pm (SU) | | Fun & Games 6-12 yrs 6:15-7:30 pm (SI) | | YOGA 7:15-8 pm (SU) | | |
| 08:00 PM | Volleyball 16+ 8-10 pm (DI) | | | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

TUESDAY 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 8:30 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 \$)
DI = Drop In (Anyone over age 10 can attend)

| | 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 | CORE 8-8:45 am (SU) | | Camp 8 am- 5 pm | | | Camp MPR 4 8 am- 5 pm | |
| 8:30 AM | | | | | | | |
| 9:00 AM | Gym Setup | | | | | | |
| 9:30 AM | Zumba 9:30-10:15 am (SU) | | | | Zumba 9:30-10:15 am (SU) | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | Camp 10-30 am-12:30 pm | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | TRX 12-12:45 pm (SU) | | |
| 12:30 PM | | | | | | | |
| 01:00 PM | Pickleball 16+ yrs 12:30-3 pm (DI) | | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | Rental 1:30-2:30 pm | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | Basketball 10+ yrs 3-4 pm (DI) | | | | Camp 3-5 pm | | |
| 03:30 PM | | | | | | | |
| 04:00 PM | | | | | | | |
| 04:30 PM | Y Bball Skills 6-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP) | | | | | | |
| 05:00 PM | | | | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | | | | | |
| 06:00 PM | Gym Setup | | | | | | |
| 06:30 PM | Circuit Fit 6:30-7:15 pm (SU) | Fun & Games 6-12 yrs 6:15-7:30 pm (SI) | | | Family Zumba 6:15-7:15 pm (SU) | Child Minding 3 m-3 yrs 5-8 pm (RP) Preschool Play (MPR 4) 3-5 yrs 6:15-7:30 pm (SI) | |
| 07:00 PM | | | | | | | |
| 07:30 PM | Basketball 16+ 7:45-10 pm (DI) | | Adult Jiu-Jitsu 7-9 pm (RP) | | | | |
| 08:00 PM | | | | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

WEDNESDAY 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 8:30 pm
Saturday/ Sunday: 10 am to 12 pm
Ages 3-12 yrs

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

| | 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 | Pickleball 16+ yrs 7:30-9 am (DI) | | Camp 8 am- 5 pm | | | | | | | | | |
| 8:00 AM | | | | CycleFit 8-8:45 am (SU) | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | |
| 9:00 AM | Strength Training 9:30-10:15 am (SU) | | | | Child Minding + Arts & Crafts 3 m-5 yrs 9:15-10:45 am (RP) | | | | | | | |
| 9:30 AM | | | | Morning Mix 9:15-10:45 am 6-12 yrs | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | |
| 10:30 AM | GentleFit 10:30-11:15 am (SU) | | | | Fit For Life 10:30-11:15 am (SU) | Camp MP4 11 am-5 pm | | | | | | |
| 11:00 AM | | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | | |
| 12:00 PM | Camp 12-3 pm | Camp 12-5 pm | | CycleFit 12-12:45 pm (SU) | | | | | | | | |
| 12:30 PM | | | | | | | | | | | | |
| 01:00 PM | | | | | | | | | | | | |
| 01:30 PM | | | | | | | | | | | | |
| 02:00 PM | | | | Camp 2-5 pm | | | | | | | | |
| 02:30 PM | | | | | | | | | | | | |
| 03:00 PM | | | | | | | | | | | | |
| 03:30 PM | | | | | | | | | | | | |
| 04:00 PM | Volleyball Skills 5-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP) | | | Basketball 3:30-4:45 pm (DI) | | | | | | | | |
| 04:30 PM | | | | | | | | | | | | |
| 05:00 PM | | | | | | | | | | | | |
| 05:30 PM | Pickleball Lessons - Youth 10-16 yrs 4:45-6 pm (RP) | | | | | | | | | | | |
| 06:00 PM | Gym Setup | | | | | | | | | | | |
| 06:30 PM | ZUMBA 6:30-7:15 pm (SU) | | | Fun & Games 6-12 yrs 6:15-7:30 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) | Child Minding 3 m-3 yrs 5-8 pm (RP) Preschool Play (MPR 4) 3-5 yrs 6:15-7:30 pm (SI) | | | | | |
| 07:00 PM | | | YOGA 7:30-8:15 pm (SU) | | | | | | | | | |
| 07:30 PM | Badminton 16+ yrs 7:45-10 pm (DI) | | | | | | | | | | | |
| 08:00 PM | | | | | | | | | | | | |
| 08:30 PM | | | | | | | | | | | | |
| 09:00 PM | | | | | | | | | | | | |
| 09:30 PM | | | | | | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | | | | | | |

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 \$)
DI = Drop In (Anyone over age 10 can attend)

| | 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 | CORE 8-8:45 am (SU) | | Camp 8 am-5 pm | Camp 8 am-10 pm | | | | | |
| 8:30 AM | | | | | | | | | |
| 9:00 AM | | | | | | | | | |
| 9:30 AM | Zumba 9:30-10:15 am (SU) | | | | | Small Group Training Wellness Floor 9:30am-10:15am (RP) | | | |
| 10:00 AM | | | | | | | | | |
| 10:30 AM | Gym Setup | | | | Camp 1 am-4 pm | | | | |
| 11:00 AM | YOGA 11- 12 am (SU) | | | | | | | | |
| 11:30 AM | Camp 12-1 pm | | | | | | | | |
| 12:00 PM | | | | | | TRX 12-12:45 pm (SU) | | | |
| 12:30 PM | | | | | | | | | |
| 01:00 PM | Pickleball 1-3 pm (DI) | | | Camp 1-5 pm | | | | | |
| 01:30 PM | | | | | | | | | |
| 02:00 PM | | | | | | Rental 1:30-2:30 | | | |
| 02:30 PM | | | | Camp 3-5 pm | | | | | |
| 03:00 PM | | | | | | | | | |
| 03:30 PM | Basketball 10+ yrs 3-4:15 pm (DI) | | | | Y Soccer Skills (MPR 4) 3-5 yrs 4-5 pm (RP) | | | | |
| 04:00 PM | | | | | | | | | |
| 04:30 PM | | | | | | | | | |
| 05:00 PM | Y Soccer Skills 6-9 yrs 4:15-5:15 pm 10-14 yrs 5:15-6:15 pm (RP) | | | | | Box HIIT 5:15-6 pm (Starts August 7th) | Child Minding 3 m-3 yrs 5-8 pm (RP) | | |
| 05:30 PM | | | | | | | | | |
| 06:00 PM | | | | | | | | | |
| 06:30 PM | Elite Basketball Training 13-17 yrs 6:30-7:30 pm (RP) | Girls Basketball Program 10-14 yrs 6:30-7:30 pm (RP) | | | | TRX 6:30-7:15 pm (SU) | Preschool Play 3-5 yrs 6:15-7:30 pm (SI) | | |
| 07:00 PM | | | | | | | | | |
| 07:30 PM | | | | Adult Jiu-Jitsu 7-9 pm (RP) | | Stretch & Mobility 7:30-8:15 pm (SU) | Arts & Crafts MPR 4 6-12 yrs 6:15-7:15 (SI) | | |
| 08:00 PM | Basketball 16+ 7:45-10 pm (DI) | | | | | | | | |
| 08:30 PM | | | | | | | | | |
| 09:00 PM | | | | | | | | | |
| 09:30 PM | | | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | | | |

FRIDAY 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
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Ages 3-12 yrs

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| | 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 | | | Camp 8 am-5 pm | | | Camp MPR 4 8 am-3 pm Child Minding + Arts & Crafts 3 m-5 yrs 9:15-10:45 am |
| 8:30 AM | | | | | | |
| 9:00 AM | | | | | | |
| 9:30 AM | BootCamp 9:30-10:15 am (SU) | | | | | |
| 10:00 AM | | | | | | |
| 10:30 AM | GentleFit 10:30-11:15 am (SU) | | | Stretch and Mobility 10:30-11:15 am (SU) | | |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | Pickleball Lesson 16+ 12 am -1 pm (RP) | | | | | |
| 12:30 PM | | | | | | |
| 01:00 PM | Pickleball 16+ yrs 1-3 pm (DI) | Pickleball 16+ yrs 1-3 pm (DI) | | | CycleFit 12-1 pm (SU) | |
| 01:30 PM | | | | | | |
| 02:00 PM | | | | | | |
| 02:30 PM | | | | | | |
| 03:00 PM | | | | | | |
| 03:30 PM | | | | | | |
| 04:00 PM | Basketball 10+ yrs 4 - 6 pm (DI) | | | | | |
| 04:30 PM | | | | | | |
| 05:00 PM | | | | | | |
| 05:30 PM | | | | | | |
| 06:00 PM | | | | | | |
| 06:30 PM | Sports Mix 6:15-7:30 pm 10-14 yrs (SI) | Zumba 6:30-7:15 pm (SU) | | | | |
| 07:00 PM | | | | | | |
| 07:30 PM | Volleyball 16+ 7:30-10 pm (DI) | | Family Night 6-8:30 pm (DI) | | | |
| 08:00 PM | | | | | | |
| 08:30 PM | | | | | | |
| 09:00 PM | | | | | | |
| 09:30 PM | | | | | | |
| 10:00 PM | | | FACILITY CLOSED | | | |

SATURDAY 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 8:30 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 \$)
DI = Drop In (Anyone over age 10 can attend)

| | 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 Setup | | | | CycleFit 8:30-9:15 am (SU) | | |
| 9:00 AM | HIIT 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) | | | Child Minding with Preschool Play 3 m-5 yrs 9-11 am (RP) | |
| 9:30 AM | | | | | | | |
| 10:00 AM | Family Sports 10-11:30 am (DI) | Family Gym Kids 10:15-11:30 am (DI) | | | | | |
| 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 | | | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | Gym Setup | | | | | Small Group Training 2:15-3:00pm (SU) | |
| 03:00 PM | | Birthday Parties 3-6 pm | Birthday Parties 3-6 pm | | | | |
| 03:30 PM | | | | | | | |
| 04:00 PM | | | | | | | |
| 04:30 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: ymcaoakville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times

SUNDAY 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)
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| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | MPR 4/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 | Family Pickleball 10-11:45 pm (DI) | Family Sports 10-11:45 pm (DI) | | | Birthday Parties 11 am-12 pm | Girls Small Group Training 11-11:45 am 12-16 yrs (SU) | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 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 | | Birthday Parties 2:30-5:30 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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