

MONDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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)						
8:00 AM					CycleFit 8-8:45 am (SU)		
8:30 AM							
9:00 AM							
9:30 AM	CircuitFit 9:30-10:15 am (SU)					Child Minding + Arts & Crafts 3 m-5 yrs 9:15-11 am (RP)	
10:00 AM							
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							
12:00 PM					CycleFit 12-12:45 pm (SU)		
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM	Basketball 10+ yrs 3:30-5 pm (DI)	Basketball 10+ yrs 3:30-6 pm (DI)					
04:00 PM							
04:30 PM							
05:00 PM							
05:30 PM	Strength Training 5:15-6 pm (SU)					Child Minding 3 m-3 yrs 5-8:15 pm (RP) Preschool Play MP4 3-5 yrs 6:15-8:15 pm (SI)	
06:00 PM							
06:30 PM	Zumba 6:15 -7 pm (SU)		Fun & Games 6-12 yrs 6:15-8:15 pm (SI)				
07:00 PM							
07:30 PM	BootCamp 7:15 - 8 pm (SU)				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						

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 3- Gym set up 15 minutes prior to all classes

TUESDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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)					
8:30 AM						
9:00 AM					TRX 9:15-10 am (SU)	
9:30 AM	Zumba 9:30-10:15 am (SU)					
10:00 AM			Rental 10 am- 12 pm			
10:30 AM						
11:00 AM	Yoga 11-11:45 am (SU)					
11:30 AM						
12:00 PM					TRX 12-12:45 pm (SU)	
12:30 PM						
01:00 PM	Pickleball 16+ yrs 1-3 pm (DI)		Rental 1-2 pm			
01:30 PM					Rental 1:30-2:30 pm	
02:00 PM						
02:30 PM						
03:00 PM	Basketball 10+ yrs 3-4 pm (DI)					
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)					NHL Street (North Parking Lot) 6-10 yrs 4:30-7 pm (RP)
05:00 PM						
05:30 PM						
06:00 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 6:15-7 pm (SU)	Child Minding 3 m-3 yrs 5-8 pm (RP)
07:00 PM						
07:30 PM	Basketball 16+ 7:45-10 pm (DI)		Adult Jiu-Jitsu 7-9 pm (RP)		Rental 7:15-9 pm	Preschool Play (MPR 4) 3-5 yrs 6:15-8 pm (SI)
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						Arts & Crafts (Front Lobby) 6:15-730 pm (SI)
10:00 PM	FACILITY CLOSED					

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WEDNESDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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)						
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 9:15-11 am (RP)	
9:30 AM							
10:00 AM							
10:30 AM	GentleFit 10:30-11:15 am (SU)		Rental 10 am-12 pm		Fit For Life 10:30-11:15 am (SU)		
11:00 AM							
11:30 AM							
12:00 PM					CycleFit 12-12:45 pm (SU)		
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM	Rental 2:30-3:30 pm						
03:00 PM							
03:30 PM		Basketball 3:30-4:45 pm (DI)					
04:00 PM	Volleyball Skills 5-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)						
04:30 PM							
05:00 PM							
05:30 PM			Pickleball Lessons - Youth 10-16 yrs 4:45-6 pm (RP)				
06:00 PM					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 6:30-7:30 pm (SU)		Fun & Games 6-12 yrs 6:15-7:15 pm (SI)			Child Minding 3 m-3 yrs 5-8:15 pm (RP) Preschool Play (MP4) 3-5 yrs 6:15-8:15 pm (SI) HIIT Wellness Floor 7-7:30 pm (SU)	
07:00 PM							
07:30 PM	Badminton 16+ yrs 7:30-10 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						

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 3- Gym set up 15 minutes prior to all classes

THURSDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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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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)						
8:30 AM							
9:00 AM							
9:30 AM	Zumba 9:30-10:15 am (SU)		Rental 10 am - 12 pm		Boxfit 9:30-10:15 am (RP)	HIIT Wellness Floor 9:30am-10:15am (SU)	
10:00 AM							
10:30 AM							
11:00 AM	YOGA 11- 12 am (SU)				Rental 10:30 - 11:30 am		
11:30 AM							
12:00 PM					TRX 12-12:45 pm (SU)		
12:30 PM							
01:00 PM	Pickleball 1-3 pm (DI)			Rental 1:30-2:30	Fall Prevention (Hosted by Mind Forward) 50+ 1:30-2:15 pm (DI)		
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM	Basketball 10+ yrs 3-4 pm (DI)						
03:30 PM							
04:00 PM			Y Soccer Skills 3-5 yrs 4-5 pm (RP)				
04:30 PM	Y Soccer Skills 6-9 yrs 4:15-5:15 pm 10-14 yrs 5:15-6:15 pm (RP)						
05:00 PM			Fun & Games 6-10yrs 5-6:15 pm (SI)			Child Minding with Preschool Play 3 m-5 yrs 5-8 pm (RP)	
05:30 PM							
06:00 PM							Box HIIT 5:30-6:15 pm (SU)
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)	Arts & Crafts (Front Lobby) 6-12 yrs 6:15-7:30 pm (SI) Toastmasters 12-16yrs 6:30-8 pm (RP)	
07:00 PM							
07:30 PM			Basketball 16+ 7:45-10 pm (DI)		Adult Jiu-Jitsu 7-9 pm (RP)		
08:00 PM		Stretch & Mobility 7:30-8:15 pm (SU)					
08:30 PM							
09:00 PM							
09:30 PM							
10:00 PM	FACILITY CLOSED						

1- schedule subject to changes. Check website for updates: ymcaofaokville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times 3- Gym set up 15 minutes prior to all classes

FRIDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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			Mat Pilates 8-8:45am (RP)		CycleFit 8-8:45 am (SU)		
8:30 AM							
9:00 AM						Child Minding + Arts & Crafts 3 m-5 yrs 9:15-11 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)			CycleFit 12-1 pm (SU)			
12:30 PM							
01:00 PM	Pickleball 16+ yrs 1-3 pm (DI)	Pickleball 16+ yrs 1-3 pm (DI)					
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM	Basketball 10+ yrs 3:15 - 6 pm (DI)					Digital Arts Board Room 8-14 yrs 5-7 pm (RP) Child Minding 3 m-3 yrs 6-8 pm (RP) Preschool Play MP4 3-5 yrs 6:15-8 pm (SI)	
04:00 PM							
04:30 PM							
05:00 PM				Rental 5-6 pm			
05:30 PM							
06:00 PM	Zumba 6:30-7:15 pm (SU)		Family Night 6-8:30 pm (DI)				
06:30 PM							
07:00 PM							
07:30 PM	Volleyball 16+ 7:30-10 pm (DI)						
08:00 PM							
08:30 PM							
09:00 PM							
09:30 PM							
10:00 PM	FACILITY CLOSED						

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3- Gym set up 15 minutes prior to all classes

SATURDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM					CycleFit 8:30-9:15 am (SU)	Kindergym (MPR 4) 3-6 yrs 9-10 am (RP) ----- Child Minding with Preschool Play 3 m-5 yrs 9-11 am (RP)	
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)					
10:30 AM							
11:00 AM							
11:30 AM					Birthday Parties 11 am-1 pm	Yoga 11:30 am-12:15 pm (SU)	
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						Small Group Training 2:15-3:00pm (RP)	
03:00 PM		Birthday Parties 3-6 pm		Rental 3-4 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: ymcaofoakville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times
3- Gym set up 15 minutes prior to all classes

SUNDAY SCHEDULE

Effective November 10th, 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: 9:15-11 am
Monday to Thursday: 5-8 pm
Friday: 6 to 8 pm | Saturday: 9-11 am

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
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 10-11:30 am (DI)			Box HIIT 10-10:45 am (SU)		
10:30 AM						
11:00 AM			Birthday Parties 11 am-1 pm			Girls Small Group Training 11-11:45 am 12-16 yrs (RP)
11:30 AM	Soccer League 6-10 yrs 11:30 am-1 pm (RP)					
12:00 PM						
12:30 PM						
01:00 PM	Basketball League 10-14 yrs 1-2:30 pm (RP)					
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM		Birthday Parties 2:30-5:30 pm			Rental 3-4 pm	
03:30 PM						
04:00 PM						
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM	FACILITY CLOSED					

1- schedule subject to changes. Check website for updates: ymcaofaokville.org 2- children under age 10 must be in supervised program or be with parent/guardian at all times
3- Gym set up 15 minutes prior to all classes