

MONDAY SCHEDULE

Effective March 2ND, 2026

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 3-10 yrs
 *Closed at times for Y Parties

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						Child Minding + Arts & Crafts 3 m-5 yrs 9:15-11 am (RP)	
9:30 AM	CircuitFit 9:30-10:15 am (SU)						
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					Tai Chi 1:15-2 pm (SU)		
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					Hangout Zone 10-13yrs 5-6 pm (DI)	Child Minding 3 m-3 yrs 5-8:15 pm (RP)	
05:30 PM	Strength Training 5:15-6 pm (SU)						
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 6:15-8:15 pm (SI)			Preschool Play MP4 3-5 yrs 6:15-8:15 pm (SI)	
08:00 PM					YOGA 7:15-8 pm (SU)		
08:30 PM	Volleyball 16+ 8-10 pm (DI)						
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

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 3-10 yrs
**Closed at times for Y Parties*

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						Strength Training Wellness Floor 6:30-7:15 am (SU)	
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 1:30-2:30 pm		
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							
04:30 PM	Y Bball Skills 6-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)					Teen Conditioning Wellness Floor 13-17 yrs 3:30-5:00pm (RP)	
05:00 PM			Y Bball Skills 3-5yrs 5-6 pm		Fitness Fun 10-13yrs 5-6 pm (DI)		
05:30 PM							
06:00 PM							
06:30 PM	Circuit Fit 6:30-7:15 pm (SU)	Fun & Games 6-12 yrs 6:15-8 pm (SI)			Family Zumba 6:15-7 pm (SU)	Child Minding with Preschool Play 3 m-5 yrs 5-8 pm (RP)	
07:00 PM							
07:30 PM	Kettlebell HIIT 7:30-8:00 pm (SU)			Adult Jiu-Jitsu 7-9 pm (RP)			
08:00 PM	Basketball 16+ 8-10 pm (DI)				Rental 7:15-9 pm	Arts & Crafts (Back Lobby) 6:15-730 pm (SI)	
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

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: 9:15-11 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 3-10 yrs
**Closed at times for Y Parties*

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)				CycleFit 8-8:45 am (SU)		
8:00 AM							
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					Tai Chi 1:15-2 pm (SU)		
02:00 PM							
02:30 PM	Rental 2:30-3:30 pm						
03:00 PM							
03:30 PM		Basketball 3:30-5:15 pm (DI)				Fitness Training 10-13yrs 5-6 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		Core 5:30-6:15 pm (SU)				Fun & Games Playcenter 6-12 yrs 6:15-8:15 pm (SI)	
06:00 PM							
06:30 PM	ZUMBA 6:30-7:15 pm (SU)				Taekwondo 6-6:45 pm Beginner & Yellow Stripe (7+)	Child Minding 3 m-3 yrs 5-8:15 pm (RP)	
07:00 PM							
07:30 PM			YOGA 7:30-8:15 pm (SU)		6:45-7:30 pm Yellow & Orange Belt (7+)	Preschool Play (MP4) 3-5 yrs 6:15-8:15 pm (SI)	
08:00 PM							
08:30 PM					7:30-8:15 pm Green-Red Belt		
09:00 PM	Badminton 16+ yrs 7:30-10 pm (DI)						
09:30 PM						8:15-9:30 pm Black Stripe & Black Belt (RP)	HIIT Wellness Floor 7:30-8 pm (SU)
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

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: 9:15-11 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 3-10 yrs
**Closed at times for Y Parties*

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						Strength Training
7:00 AM						Wellness Floor
7:30 AM						6:30-7:15am (SU)
8:00 AM	CORE					
8:30 AM	8-8:45 am (SU)					
9:00 AM						
9:30 AM	Zumba				Boxfit	HIIT
10:00 AM	9:30-10:15 am (SU)				9:30-10:15 am (RP)	Wellness Floor
10:30 AM						9:30am-10:15am (SU)
11:00 AM	YOGA		Rental			
11:30 AM	11- 12 am (SU)		10 am - 12 pm			
12:00 PM						
12:30 PM					TRX	
01:00 PM					12-12:45 pm (SU)	
01:30 PM	Pickleball					
02:00 PM	1-3 pm (DI)			Rental		
02:30 PM				1:30-2:30		Teen Conditioning
03:00 PM	Basketball					Wellness Floor
03:30 PM	10+ yrs					13-17 yrs
	3-4 pm (DI)					3:30-5 pm (RP)
04:00 PM					
04:30 PM	Y Soccer Skills					Fun & Games
	6-9 yrs					(Playcenter)
05:00 PM		4-5 pm				6-12 yrs
		10-14 yrs				6:15-8 pm (SI)
05:30 PM		5-6 pm (RP)		Y Soccer Skills	Fitness Fun
				3-5 yrs	10-13yrs	Child Minding with
				5-6 pm (RP)	5-6 pm (DI)	Preschool Play
06:00 PM						3 m-5 yrs
						5-8 pm (RP)
06:30 PM	Elite Basketball Training				
	13-17 yrs					Arts & Crafts
07:00 PM	6:30-7:30 pm (RP)					(Back Lobby)
		Box HIIT				6-12 yrs
		6:15-7 pm (SU)				6:15-7:30 pm (SI)
07:30 PM		Girls Basketball			TRX
		8-12yrs			7-7:45 pm (SU)	Toastmasters
		7-8 pm (RP)				12-16yrs
08:00 PM	Basketball 16+		Adult Jiu-Jitsu			6:30-8 pm (RP)
	8-10 pm (DI)		7-9 pm (RP)			
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM	FACILITY CLOSED					

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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: 9:15-11 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 3-10 yrs
**Closed at times for Y Parties*

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					CycleFit 8-8:45 am (SU)		
8:30 AM							
9:00 AM						Child Minding + Arts & Crafts 3 m-5 yrs 9:15-11 am (RP)	
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					CycleFit 12-1 pm (SU)		
12:30 PM							
01:00 PM	Pickleball 16+ yrs 1-3 pm (DI)						
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM	Basketball 10+ yrs 3-4:45 pm	Basketball 10+ yrs 3:15 - 6 pm (DI)				Digital Arts Board Room 8-14 yrs 5-7 pm (RP)	
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM	Pickleball Lessons - Youth 10-16 yrs 4:15-5:15 pm (RP)					Rental 5:30-6:30 pm	Child Minding 3 m-3 yrs 6-8 pm (RP)
05:30 PM							
06:00 PM	Pickleball Lessons - Adult 5:15-6:15 pm (RP)						
06:30 PM	Zumba 6:30-7:15 pm (SU)			Family Night 6-8:30 pm (DI)		Preschool Play MP4 3-5 yrs 6:15-8 pm (SI)	
07:00 PM							
07:30 PM							
08:00 PM	Volleyball 16+ 7:30-10 pm (DI)						
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

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 3-10 yrs
**Closed at times for Y Parties*

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						
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)		CycleFit 8:30-9:15 am (SU)	Child Minding with Preschool Play 3 m-5 yrs 9-11 am (RP)
9:30 AM						
10:00 AM	Family Sports 10-11:15 am (DI)	Family Gym Kids 10:15-12:15 am (DI)			Birthday Parties 11 am-1 pm	Yoga 11:30 am-12:15 pm (SU)
10:30 AM						
11:00 AM	CircuitFit 11:30-12:15 pm (DI)	Family Badminton 12:30-2:45 pm (DI)			Small Group Training Wellness Floor 1-2 pm (RP)	
11:30 AM						
12:00 PM	Family Badminton 12:30-2:45 pm (DI)		Rental 3-4 pm			
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM	Birthday Parties 3-6 pm					
02:30 PM						
03:00 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					

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3- Gym set up 15 minutes prior to all classes

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: 9:15-11 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 8:30 pm
Saturday/Sunday: 10 am to 12 pm
Ages 3-10 yrs
**Closed at times for Y Parties*

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							
9:00 AM	YOGA 9-9:45 am (SU)				CycleFit 8:30-9:15 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							
11:30 AM	Girls Volleyball 12-16 yrs 11:30-12:30 pm (RP)		Birthday Parties 11 am-1 pm			Girls Small Group Training 11-11:45 am 12-16 yrs (RP)	
12:00 PM							
12:30 PM	Girls Basketball Program 12-16 yrs 12:30-1:30 pm (RP)	Basketball 10+ 12:30-1:30 pm					Family Bootcamp 11:15 am-12 pm (SU)
01:00 PM							
01:30 PM	Basketball League 10-14 yrs 1:30-2:30 pm (RP)						
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: 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