

# MONDAY SCHEDULE

Effective May 4th, 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	<b>Pickleball</b> 16+ yrs 7:30-9 am (DI)						
8:00 AM					<b>CycleFit</b> 8-8:45 am (SU)		
8:30 AM							
9:00 AM						<b>Child Minding + Arts &amp; Crafts</b> 3 m-5 yrs 9:15-11 am (RP)	
9:30 AM	<b>CircuitFit</b> 9:30-10:15 am (SU)						
10:00 AM							
10:30 AM	<b>GentleFit</b> 10:30-11:15 am (SU)				<b>Chair Yoga + Stretch</b> 10:30-11:15 am (SU)		
11:00 AM							
11:30 AM							
12:00 PM					<b>CycleFit</b> 12-12:45 pm (SU)		
12:30 PM							
01:00 PM					<b>Tai Chi</b> 1:15-2 pm (SU)		
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM	<b>Basketball</b> 10+ yrs 3:30-5 pm (DI)	<b>Basketball</b> 10+ yrs 3:30-6 pm (DI)					
04:00 PM							
04:30 PM							
05:00 PM					<b>Hangout Zone</b> 10-13yrs 5-6 pm (DI)	<b>Child Minding</b> 3 m-3 yrs 5-8:15 pm (RP) .....	
05:30 PM	<b>Strength Training</b> 5:15-6 pm (SU)						
06:00 PM							
06:30 PM	<b>Zumba</b> 6:15-7 pm (SU)					<b>Preschool Play</b> MP4 3-5 yrs 6:15-8:15 pm (SI)	
07:00 PM				<b>Fun &amp; Games</b> 6-12 yrs 6:15-8:15 pm (SI)			
07:30 PM	<b>BootCamp</b> 7:15-8 pm (SU)						
08:00 PM	<b>Volleyball 16+</b> 8-10 pm (DI)				<b>YOGA</b> 7:15-8 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: 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						<b>Strength Training</b> Wellness Floor 6:30-7:15 am (SU)
7:00 AM						
7:30 AM						
8:00 AM	<b>CORE</b> 8-8:45 am (SU)					
8:30 AM						
9:00 AM					<b>TRX</b> 9:15-10 am (SU)	
9:30 AM	<b>Zumba</b> 9:30-10:15 am (SU)					
10:00 AM			<b>Rental</b> 10 am- 12 pm			
10:30 AM						
11:00 AM	<b>Yoga</b> 11-11:45 am (SU)					<b>Line Dancing</b> 10:30-11:15 am (SU)
11:30 AM						
12:00 PM					<b>TRX</b> 12-12:45 pm (SU)	<b>Mahjong Game</b> 12-1 pm (DI)
12:30 PM						
01:00 PM	<b>Pickleball</b> 16+ yrs 1-3 pm (DI)					
01:30 PM					<b>Rental</b> 1:30-2:30 pm	
02:00 PM						
02:30 PM						
03:00 PM	<b>Basketball</b> 10+ yrs 3-4 pm (DI)					
03:30 PM						<b>Teen Conditioning</b> Wellness Floor 13-17 yrs 3:30-5:00pm (RP) ..... <b>Child Minding with Preschool Play</b> 3 m-5 yrs 5-8 pm (RP) ..... <b>Arts &amp; Crafts (Back Lobby)</b> 6:15-730 pm (SI)
04:00 PM						
04:30 PM	<b>Y Bball Skills</b> 6-9 yrs   4-5 pm 10-14 yrs   5-6 pm (RP)					
05:00 PM					<b>Fitness Fun</b> 10-13yrs 5-6 pm (DI)	
05:30 PM						
06:00 PM						
06:30 PM	<b>Circuit Fit</b> 6:30-7:15 pm (SU)	<b>Fun &amp; Games</b> 6-12 yrs 6:15-8 pm (SI)			<b>Family Zumba</b> 6:15-7 pm (SU)	
07:00 PM						
07:30 PM	<b>Kettlebell HIIT</b> 7:30-8:00 pm (SU)		<b>Adult Jiu-Jitsu</b> 7-9 pm (RP)		<b>Rental</b> 7:15-9 pm	
08:00 PM	<b>Basketball 16+</b> 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: 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

Effective May 4th, 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	<b>Pickleball</b> 16+ yrs 7:30-9 am (DI)				<b>CycleFit</b> 8-8:45 am (SU)	
8:00 AM						
8:30 AM						
9:00 AM	<b>Strength Training</b> 9:30-10:15 am (SU)					<b>Child Minding + Arts &amp; Crafts</b> 3 m-5 yrs 9:15-11 am (RP)
9:30 AM						
10:00 AM						
10:30 AM	<b>GentleFit</b> 10:30-11:15 am (SU)		<b>Rental</b> 10 am-12 pm		<b>Fit For Life</b> 10:30-11:15 am (SU)	
11:00 AM						
11:30 AM						
12:00 PM					<b>CycleFit</b> 12-12:45 pm (SU)	
12:30 PM						
01:00 PM						
01:30 PM					<b>Tai Chi</b> 1:15-2 pm (SU)	
02:00 PM						
02:30 PM	<b>Rental</b> 2:30-3:30 pm					
03:00 PM						
03:30 PM		<b>Basketball</b> 3:30-5:15 pm (DI)				<b>Fitness Training</b> 10-13yrs 5-6 pm (DI) .....
04:00 PM	<b>Volleyball Skills</b> 5-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)					
04:30 PM						
05:00 PM						
05:30 PM		<b>Core</b> 5:30-6:15 pm (SU)				<b>Fun &amp; Games</b> Playcenter 6-12 yrs 6:15-8:15 pm (SI) .....
06:00 PM						
06:30 PM	<b>ZUMBA</b> 6:30-7:15 pm (SU)				<b>Taekwondo</b> 6-6:45 pm Beginner & Yellow Stripe (7+)	<b>Child Minding</b> 3 m-3 yrs 5-8:15 pm (RP) .....
07:00 PM						
07:30 PM			<b>YOGA</b> 7:30-8:15 pm (SU)		6:45-7:30 pm Yellow & Orange Belt (7+)	
08:00 PM						
08:30 PM					7:30-8:15 pm Green-Red Belt	<b>Preschool Play (MP4)</b> 3-5 yrs 6:15-8:15 pm (SI) .....
09:00 PM	<b>Badminton</b> 16+ yrs 7:30-10 pm (DI)				8:15-9:30 pm Black Stripe & Black Belt (RP)	
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 May 4th, 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 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	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					<b>CycleFit</b> 8-8:45 am (SU)		
8:30 AM							
9:00 AM						<b>Child Minding + Arts &amp; Crafts</b> 3 m-5 yrs 9:15-11 am (RP)	
9:30 AM	<b>BootCamp</b> 9:30-10:15 am (SU)						
10:00 AM							
10:30 AM	<b>GentleFit</b> 10:30-11:15 am (SU)				<b>Stretch and Mobility</b> 10:30-11:15 am (SU)		
11:00 AM							
11:30 AM							
12:00 PM					<b>CycleFit</b> 12-1 pm (SU)		
12:30 PM							
01:00 PM	<b>Pickleball</b> 16+ yrs 1-3 pm (DI)				<b>Tai Chi</b> 1:15-2 pm (SU)		
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM	<b>Basketball</b> 10+ yrs 3-4:45 pm (DI)	<b>Basketball</b> 10+ yrs 3:15 - 6 pm (DI)				<b>Digital Arts</b> Board Room 8-14 yrs 5-7 pm (RP) ..... <b>Child Minding</b> 3 m-3 yrs 6-8 pm (RP) ..... <b>Preschool Play</b> MP4 3-5 yrs 6:15-8 pm (SI)	
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM	<b>Pickleball Lessons - Youth</b> 10-16 yrs 4:15-5:15 pm (RP)						
05:30 PM							
06:00 PM	<b>Pickleball Lessons - Adult</b> 5:15-6:15 pm (RP)						
06:30 PM	<b>Zumba</b> 6:30-7:15 pm (SU)			<b>Family Night</b> 6-8:30 pm (DI)			
07:00 PM							
07:30 PM							
08:00 PM	<b>Volleyball 16+</b> 7:30-10 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](http://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

# SATURDAY SCHEDULE

Effective May 4th, 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		
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	<b>Strong Nation</b> 9-10 am (SU)		<b>Jiu-Jitsu</b>  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)		<b>CycleFit</b> 8:30-9:15 am (SU)	<b>Child Minding with Preschool Play</b> 3 m-5 yrs 9-11 am (RP)		
9:30 AM								
10:00 AM	<b>Family Sports</b> 10-11:15 am (DI)	<b>Family Gym Kids</b> 10:15-12:15 am (DI)						
10:30 AM								
11:00 AM						<b>Birthday Parties</b> 11 am-1 pm	<b>Power Flow Yoga</b> 11:30 am-12:15 pm (SU)	
11:30 AM	<b>CircuitFit</b> 11:30-12:15 pm (DI)							
12:00 PM								
12:30 PM	<b>Family Badminton</b> 12:30-2:45 pm (DI)							<b>Small Group Training</b> Wellness Floor 1-2 pm (RP)
01:00 PM								
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM		<b>Birthday Parties</b> 3-6 pm			<b>Rental</b> 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: [ymcaoakville.org](http://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

# SUNDAY SCHEDULE

Effective May 4th, 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 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	<b>YOGA</b> 9-9:45 am (SU)				<b>CycleFit</b> 8:30-9:15 am (SU)		
9:30 AM							
10:00 AM	<b>Family Pickleball</b> 10-11:30 am (DI)				<b>Box HIIT</b> 10-10:45 am (SU)		
10:30 AM							
11:00 AM							
11:30 AM	<b>Girls Volleyball</b> 12-16 yrs 11:30-12:30 pm (RP)		<b>Birthday Parties</b> 11 am-1 pm			<b>Girls Small Group Training</b> 11-11:45 am 12-16 yrs (RP)	
12:00 PM							
12:30 PM	<b>Soccer Skills</b> 6-9 yrs 12:30-1:30 pm (RP)	<b>Basketball</b> 10+ 12:30-1:30 pm					<b>Family Bootcamp</b> 11:15 am-12 pm (SU)
01:00 PM							
01:30 PM	<b>3 on 3 Basketball League</b> 10-14 yrs 1:30-2:30 pm (RP)						
02:00 PM							
02:30 PM							
03:00 PM		<b>Birthday Parties</b> 2:30-5:30 pm			<b>Rental</b> 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: [ymcaofoakville.org](http://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