

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: 9:15-11 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)		Camp 7:30 am-5:30 pm					
8:00 AM						CycleFit 8-8:45 am (SU)		
8:30 AM								
9:00 AM							Child Minding + Preschool Play 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						CycleFit 12-12:45 pm (SU)	Morning Mix (Playcenter + Outside) 6-12yrs 9:15-11:00 am (SI)	
12:00 PM								
12:30 PM								
01:00 PM	Camp 1-3:30 pm						Tai Chi 1:15-2:15 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								
05:30 PM	Strength Training 5:15-6 pm (SU)				Child Minding 3 m-3 yrs 5-8:15 pm (RP)			
06:00 PM								
06:30 PM	Zumba 6:15 -7 pm (SU)			Preschool Play MP4 3-5 yrs 6:15-8:15 pm (SI)				
07:00 PM								
07:30 PM	BootCamp 7:15 - 8 pm (SU)		Fun & Games 6-12 yrs 6:15-8:15 pm (SI)	YOGA 7:15-8 pm (SU)	NHL Hockey Skills 6-12yrs 5-6 pm (RP)			
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: 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

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			CORE 8-8:45 am (SU)	TRX 9:15-10 am (SU)			
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	Zumba 9:30-10:15 am (SU)						
10:00 AM							
10:30 AM							
11:00 AM	Line Dancing 10:30-11:15 am (SU)						
11:30 AM							
12:00 PM	Camp 11:30 am-1 pm	Camp 7:30 am-5:30 pm			TRX 12-12:45 pm (SU)	Mahjong Game 12-2 pm (DI)	
12:30 PM							
01:00 PM	Pickleball 16+ yrs 1-3 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)						
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 10-14 yrs 3:30-5:00pm (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 6:15-8 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)	Rental 7:15-9 pm	Arts & Crafts (Lobby) 6:15-730 pm (SI)		
08:00 PM	Basketball 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: ymcafoakville.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)		Camp 7:30 am-5:30 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 + Preschool Play 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)				Fit For Life 10:30-11:15 am (SU)	Morning Mix (Playcenter + Outside) 6-12 yrs 9:15-11 am (SI)
11:00 AM						
11:30 AM						
12:00 PM					CycleFit 12-12:45 pm (SU)	
12:30 PM						
01:00 PM	Camp 1-3:30 pm					
01:30 PM					Tai Chi 1:15-2:15 pm (SU)	
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM		Basketball 3:30-5:15 pm (DI)		Fun & Games Playcenter 6-12 yrs 6:15-8:15 pm (SI)		
04:00 PM	Volleyball Skills 8-14 yrs (<i>Level 1</i>) 4-5pm 8-14 yrs (<i>Level 2</i>) 5-6 pm (RP)					
04:30 PM						
05:00 PM						
05:30 PM		Core 5:30-6:15 pm (SU)			Child Minding 3 m-3 yrs 5-8:15 pm (RP)	
06:00 PM						
06:30 PM	ZUMBA 6:30-7:15 pm (SU)			Taekwondo 6-6:45 pm Beginner & Yellow Stripe (7+)		Preschool Play (MP4) 3-5 yrs 6:15-8:15 pm (SI)
07:00 PM						
07:30 PM	Badminton 16+ yrs 7:30-10 pm (DI)		YOGA 7:30-8:15 pm (SU)		6:45-7:30 pm Yellow & Orange Belt (7+)	
08:00 PM					7:30-8:15 pm Green-Red Belt	
08:30 PM					8:15-9:30 pm Black Stripe & Black Belt	
09:00 PM					(RP)	
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

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)		Camp 7:30 am-5 pm				
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)				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)					Majong Game 10:30 am-12 pm (DI)	
11:30 AM							
12:00 PM	Camp 12-1 pm				TRX 12-12:45 pm (SU)		
12:30 PM							
01:00 PM	Pickleball 1-3 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)					Fun & Games (Playcenter) 6-12 yrs 6:15-8 pm (SI) Child Minding with Preschool Play 3 m-5 yrs 5-8 pm (RP) Arts & Crafts (Back Lobby) 6-12 yrs 6:15-7:30 pm (SI)	
03:30 PM							
04:00 PM							
04:30 PM	Y Soccer Skills 6-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)						
05:00 PM			Y Soccer Skills 3-5 yrs 5-6 pm (RP)				
05:30 PM							
06:00 PM	Girls Basketball 8-12yrs 6-7 pm (RP)	Box HIIT 6:15-7 pm (SU)					
06:30 PM							
07:00 PM			Adult Jiu-Jitsu 7-9 pm (RP)	TRX 7-7:45 pm (SU)			
07:30 PM	Basketball 16+ 7:15-10 pm (DI)						
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

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						
9:30 AM	BootCamp 9:30-10:15 am (SU)					Child Minding + Preschool Play 3 m-5 yrs 9:15-11 am (RP)
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	Camp 11:30 am-1 pm				CycleFit 12-1 pm (SU)	
12:30 PM				Camp 7:30 am-5:30 pm		
01:00 PM	Pickleball 16+ yrs 1-3 pm (DI)				Tai Chi 1:15-2:15 pm (SU)	
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM	Basketball 10+ yrs 3-6 pm (DI)					
04:00 PM						
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM	Zumba 6:30-7:15 pm (SU)					Child Minding + Preschool Play 3 m-3 yrs 6-8 pm (RP)
07:00 PM				Family Night 6-8:30 pm (DI)		
07:30 PM					Yoga 7:30-8:15 pm (SU)	
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

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					CycleFit 8:30-9:15 am (SU)	
9:00 AM	Strong Nation 9-10 am (SU)					Child Minding + Preschool Play 3 m-5 yrs 9-11 am (RP) Power Flow Yoga 11:30 am-12:15 pm (SU) HIIT Wellness Floor 10:15-11 am (SU)
9:30 AM						
10:00 AM	Family Sports 10 am-12:15 pm (DI)	Family Gym Kids 10:15 am -12:15 pm (DI)				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM				Birthday Parties 11 am-1 pm		
12:30 PM	Family Badminton 12:30-2:45 pm (DI)					
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
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: 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

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
8:00 AM						
8:30 AM						
9:00 AM	YOGA 9-9:45 am (SU)					
9:30 AM						
10:00 AM	Cardio + Core 10-10:45 am (SU)					
10:30 AM						
11:00 AM	Girls Volleyball 10-14yrs 11-12 pm (RP)		Birthday Parties 11 am-1 pm			
11:30 AM						
12:00 PM	Family Pickleball 12-2 pm (DI)					
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				
03:30 PM						
04:00 PM						
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM	FACILITY CLOSED					

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3- Gym set up 15 minutes prior to all classes