

MONDAY SCHEDULE

Effective October 7th, 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						
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	Basketball 10+ yrs 3-5 pm (DI)					
03:30 PM						
04:00 PM						
04:30 PM						
05:00 PM	Strength Training 5:15-6 pm (SU)	Youth Pickleball Lessons 10-16yrs 5-6 pm (RP)				Child Minding 3 m-3 yrs 5-8:15 pm (RP)
05:30 PM						
06:00 PM						
06:30 PM	Zumba 6:15 -7 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)
07:00 PM						
07:30 PM	BootCamp 7:15 - 8 pm (SU)				YOGA 7:15-8 pm (SU)	
08:00 PM	Volleyball 16+ 8:15-10 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

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							
11:30 AM					Yoga 11-11:45 am (SU)		
12:00 PM					TRX 12-12:45 pm (SU)	Mahjong Game 12-1 pm (DI)	
12:30 PM							
01:00 PM	Pickleball 16+ yrs 1-3 pm (DI)						
01:30 PM					Rental 1:30-2:30 pm		
02:00 PM							
02:30 PM	Basketball 10+ yrs 3-4 pm (DI)						
03:00 PM							
03:30 PM							
04:00 PM	Y Bball Skills 6-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)					Teen Conditioning Wellness Floor 10-14 yrs 5-6 pm (RP) Child Minding with Preschool Play 3 m-5 yrs 5-8 pm (RP)	
04:30 PM							
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)			Zumba for All 6:15-7 pm (SU)		
07:00 PM			Adult Jiu-Jitsu 7-9 pm (RP)				
07:30 PM	Kettlebell HIIT 7:30-8:00 pm (SU)			Rental 7:15-9 pm			
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)							
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)		Rental 10 am-12 pm		Fit For Life 10:30-11:15 am (SU)			
11:00 AM								
11:30 AM								
12:00 PM	Total Tone 12-12:35 pm (SU)				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		Basketball 3-4 pm (DI)						
03:30 PM								
04:00 PM	Volleyball Skills 5-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)					Fun & Games Playcenter 6-12 yrs 6:15-8:15 pm (SI)		
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)				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+)	HIIT Wellness Floor 7:30-8 pm (SU)		
08:00 PM								
08:30 PM				7:30-8:15 pm Green-Red Belt				
09:00 PM				8:15-9:30 pm Black Stripe & Black Belt				
09:30 PM				(RP)				
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: 9:15-11 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							
9:30 AM	Zumba 9:30-10:15 am (SU)		Rental 10 am - 12 pm			HIIT Wellness Floor 9:30am-10:15am (SU)	
10:00 AM							
10:30 AM		Total Tone 10:30-11:05 am (SU)					
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 1-3 pm (DI)						
01:30 PM				Rental 1:30-2:30			
02:00 PM							
02:30 PM							
03:00 PM	Basketball 10+ yrs 3-4 pm (DI)					Majong and Games 10:30 am-12 pm (DI)	
03:30 PM							
04:00 PM	Y Soccer Skills 6-9 yrs 4-5 pm 10-14 yrs 5-6 pm (RP)					Fun & Games (Playcenter) 6-12 yrs 6:15-8 pm (SI)	
04:30 PM							
05:00 PM			Y Soccer Skills 3-5 yrs 5-6 pm (RP)				
05:30 PM							
06:00 PM	Girls Basketball 8-12 yrs 6-7 pm (RP)	Box HIIT 6:15-7 pm (SU)				Child Minding with Preschool Play 3 m-5 yrs 5-8 pm (RP)	
06:30 PM							
07:00 PM	Line Dancing 7:15-8 pm (SU)				TRX 7-7:45 pm (SU)	Toastmasters 12-16 yrs 6:20-8 pm (RP)	
07:30 PM			Adult Jiu-Jitsu 7-9 pm (RP)				
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: 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					Mat Pilates 7:15-7:45 pm (SU)				
7:30 AM									
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	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)				Tai Chi 1:15-2 pm (SU)				
01:30 PM									
02:00 PM									
02:30 PM									
03:00 PM	Basketball 10+ yrs 3-6 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									
05:30 PM									
06:00 PM	Zumba 6:30-7:15 pm (SU)		Family Night 6-8:30 pm (DI)		Rental 5:30-6:30 pm	Child Minding 3 m-3 yrs 6-8 pm (RP)			
06:30 PM									
07:00 PM									
07:30 PM	Volleyball 13+ 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: ymcainfoakville.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

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)		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 10-11:15 am (DI)	Family Gym Kids 10:15-12:15 am (DI)	
10:30 AM							
11:00 AM	CircuitFit 11:30-12:15 pm (DI)	Birthday Parties 11 am-1 pm					
11:30 AM					Power Flow Yoga 11:30 am-12:15 pm (SU)		
12:00 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	Adult Pickleball Lessons 3-4 pm (RP)	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

Effective October 7th, 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
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				Total Tone 10-10:45 am (SU)	
10:30 AM						
11:00 AM			Girls Volleyball 12-16 yrs 11:30 am-12:30 pm (RP)		Birthday Parties 11 am-1 pm	
11:30 AM		Family Bootcamp 11:15 am-12 pm (SU)				
12:00 PM						
12:30 PM	Soccer Skills 6-9 yrs 12:30-1:30 pm (RP)	Basketball 10+ 12:30-2:30 pm				
01:00 PM						
01:30 PM	3 on 3 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