



YMCA of Oakville

Registered Programs

September 2013 to June 2014



Register Today!

Online at ymcafoakville.org

In person at the Peter Gilgan Family YMCA

*No Membership
Required!*

Try a YMCA program.



The YMCA at Oak Park Neighbourhood Centre



The YMCA at Oak Park Neighbourhood Centre
2200 Sawgrass Drive
(Glenashton Dr. & Trafalgar Rd.)

Adult Yoga Fitness (16+ years)

Based on traditional yoga, this class incorporates breathing and relaxation techniques along with strength and flexibility postures. Build your inner and outer strength and increase your flexibility. No experience required.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Oct 28	Mon	6:30-7:30 pm	6	included	\$40
Nov 4-Dec 9	Mon	6:30-7:30 pm	6	included	\$40

No class on October 14.

Complimentary Childminding Service! (3-5 years)

Give your child a fun place to play while you participate in Adult Yoga Fitness or Family Boot Camp. While you're working out, your child can choose from arts and crafts or free play activities. Childminding service hours run from 6:15-7:45 p.m. No childminding service on October 14.

Family Boot Camp (6+ years)

Get the whole family into shape with this 6-week boot camp. Workouts consist of circuit training using small equipment and body weight exercises. These classes will be fun and take your family to the next level. If weather permits the program will run outdoors.

Session	Day	Time	Classes	Member	Non-member
Sept 18-Oct 23	Wed	5:30-6:30 pm	6	included	\$60/family*
Nov 6-Dec 11	Wed	5:30-6:30 pm	6	included	\$10/ additional participant

* Family = 1 adult + 2 children

Children and Youth

YMCA Skate Park

Our YMCA Mobile Skate Park is coming to a neighborhood near you! Drop into our ramps this fall, ride on out to any of these locations:

Oak Park Neighborhood Centre

Address	Session	Day	Time
2200 Sawgrass Dr.	May 9-Aug 29, 2014	Fri	7:00-8:00 pm

Bring your own BMX bike, board or scooter, or borrow a board for the evening. Helmets are required at all times on the skate park. See page 5 for the YMCA skate park at other locations in Oakville.

In partnership with Clearview Community Church, Kerr Street Ministries, Oak Park Neighbourhood Centre and the Town of Oakville.

NEW Game ON! (6-9 years)

Participants will engage in a variety of active games with an emphasis on cooperation, fair play and social development. If weather permits outdoor activities will also be available.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Oct 28	Mon	5:30-6:30 pm	6	included	\$30
Nov 4-Dec 9	Mon	5:30-6:30 pm	6	included	\$30

No class on October 14

P.A. Day Programs (6-12 years)

Our P.A. Day programs are theme-based days packed full of fun, action and excitement. Sports, crafts, drama, indoor and outdoor games and special guests are just a taste of what's in store for your child. Extended hours of 7:00-9:00 a.m. and 4:00-6:00 p.m. are available for your convenience at no extra cost.

Days	Time	Fee
October 11, Nov 22, Dec 20, 2013 January 31, March 7, April 21, June 6, 2014	9:00 am-4:00 pm	\$31/day

Youth Drop-in Night (9-13 years)

Looking to get out of the house on Friday Night? Stop in for a FUN night that you can make your own. Meet new friends, have an Xbox Kinect challenge, play board games, listen to music and plan other fun events like movie nights!

Session	Day	Time	Fee
Sept 13-June 13	Fri	7:00-9:00 pm	FREE

No class on December 20 and 27

NEW Youth Leadership (9-17 years)

Our YMCA Youth Leadership program is designed to build community leaders! Youth will enjoy leadership training, team-led projects, guest speakers and games while building new friendships, increasing self-confidence and expanding communications skills.

Session	Day	Time	Fee
Sept 27-June 13	Fri	5:30-7:00 pm	FREE

No class on December 20 and 27

How to register

Online at ymcafoakville.org, or in person at the Peter Gilgan Family YMCA at 410 Rebecca Street.

For more information on YMCA programs at Oak Park visit ymcafoakville.org or call 905-845-3417.



Adult Programs

NEW Get to the Core of it (16+ years)

Is your core ready for the winter? Start your day off with a 45-minute core class. A strong core will improve your skiing, snowboarding, hockey and skating. Feeling strong and stable will improve esteem and feelings of overall wellness.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 27-Nov 15	Fri	7:00-7:45 am	8	included	\$50
May 2-Jun 20					

NEW Kettlebell (16+ years)

Take your workout to a new level by using Kettlebells for full body and core stabilization. Kettlebell training will develop strength, flexibility, core control and stamina, all while in a fun group environment. Try KBells and watch your energy, and your body transform!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 14-Mar 6 Apr 1-May 22	Tues & Thurs	10:30-11:30 am	16	\$50	\$80

NEW Indoor Triathlon Brick (16+ years)

Triathlon-based training that will incorporate drills that focus on the transition from cycling to running. Come prepared to cycle and run during this high energy workout. Class size is limited to 30 participants.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 7-Feb 25	Tues	8:30-9:30 pm	8	included	\$50

Indoor/Outdoor Triathlon Clinic (16+ years)

Your NCCP trained Coach will provide you with weekly 90-minute workouts, plus outdoor training in all three sports: Swimming/ biking/running. This clinic is aimed to any level of triathlete who enjoys group training. Come out and meet our team!

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Apr 1-Jun 24	Tues	8:00-9:30 pm	13	\$75	\$100

Adult Yoga Fitness at Oak Park

Mondays starting Sept. 16 and Nov. 4.
See page 2 for details.

Nordic Pole Walking (16+ years)

Walk your way to health and learn to incorporate 90% of your body muscles with each stride. Nordic Pole Walking will pump up your cardio by increasing oxygen consumption, reduce stress to your knees and improve posture while strengthening your upper body to create resistance to build better bone density. Fee includes a set of walking poles.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Apr 15-Jun 17	Tues	1:00-2:00 pm	10	\$75	\$125
Apr 16-Jun 18	Wed	9:30-10:30 am			

*\$30 for returning participants with their own poles

5K Running Clinic (16+ years)

All levels are welcome whether you are new to running, returning to running or an avid runner! You will be provided with a six-week training schedule at the start of the clinic. Our goal race will be the Resolution Run on December 31, 2013.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Nov 23-Dec 28	Wed & Sat	7:00-8:00 pm	11	included	\$50
May 10-Jun 14		9:30-10:30 am			

10K Running Clinic (16+ years)

Take that next step and challenge yourself! You should be able to run a steady 3 km or run/walk 4 km at the start of the clinic. Group sessions are on Wednesday evening and Saturday morning. A full 10-week training schedule will be provided at the start of the session. We recommend three or four runs per week to slowly build up mileage to accomplish the race goal.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 14-Nov 16	Wed & Sat	7:00-8:00 pm	19	included	\$50
Feb 22-Apr 26		9:00-10:30 am			

Half Marathon Clinic (16+ years)

Go the distance and succeed. You will be provided with a training program to suit training base, fitness and race goals. Access to clinic leaders via email and two group running days are all included! Our goal race will be the Chilly Half Marathon on March 2, 2014.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Nov 16-Mar 4	Wed & Sat	6:30-8:00 pm 8:00-10:00 am	29	included	\$50



Family Programs and Parenting Classes

Family Zumba (7+ years)

Join us and awaken the inner dancer in you! You and your family will enjoy Latin and international dance routines and discover how easy it is to combine simple dance moves with fitness-based movements. A great way to get active with your family!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 14-Oct 26	Sat	10:00-10:45 am	6	included	\$50
Jan 11-Feb 22					

No class on October 12, February 15.

Family Yoga (7+ years)

Join our 45-minute yoga class designed just for families! A variety of age appropriate yoga postures, breathing exercises and soothing relaxation techniques will teach you and your family how to enjoy all the mental, emotional and physical benefits of this low impact workout. No experience required.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Nov 2-Dec 7	Sat	10:00-10:45 am	6	included	\$50
Apr 5-May 24	Sat	10:00-10:45 am	6	included	\$50

No class on April 19 and May 17.

Family Boot Camp at Oak

Wednesdays starting Sept. 18 and Nov. 6. See page 2 for details.



Parent and Child Mother Goose

(Parents with infants up to 12 months)

Designed to encourage you to cuddle up and enjoy one-on-one time with your little one, this class focuses on the relationship between you and your child through the pleasure and power of rhymes, songs and stories.

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Fee
Sept 17-Oct 22	Tues	0-6 months	12:15-1:15 pm	6	FREE
Nov 5-Dec 10 Jan 14-Feb 18 Mar 4-Apr 15 Apr 29-Jun 3		7-12 months	1:30-2:30 pm		

No class on March 11.

NEW

Location: St. Mary Catholic Elementary School, 2175 Colonel William Parkway

Sessions	Day	Age	Time	Classes	Fee
Sept 18-Oct 23	Wed	0-6 months	10:45-11:45 am	6	FREE
Nov 6-Dec 11 Jan 15-Feb 19 Mar 5-Apr 16 Apr 30-Jun 4		7-12 months	9:30-10:30 am		

No class on March 12.

Parenting Class

Parenting your 3-6 year old

Parenting your 3-6 year old is a 8-session course focusing on encouraging positive behaviour through the use of positive parenting strategies and an understanding of the parent-child relationship. Limited child care available. To register call ROCK (Reach Out Center for Kids) at 905-634-2347 ext. 242.

Location: Peter Gilgan Family YMCA

Class	Day	Time	Fee
Sept 30-Nov 25	Mon	6:00-8:00 pm	FREE

No class on October 14.

NEW Little English Language Learners (0-6 years)

Come and join this unique program for children to learn basic English skills as well as valuable skills to get ready for school. Each week the children will develop early learning skills through stories, music and crafts.

In partnership with the Halton Multicultural Council, Oakville Public Library, Halton Region Health, and the YMCA of Oakville.

Location: Faith Baptist Church, 1415 Trafalgar Rd, Oakville

Session	Day	Time	Classes	Fee
Sept10-June 17	Tues	9:30-11:00 am	6	FREE Drop-In



Children and Youth Programs

Basketball (6-8 years/9-11 years)

This program will provide your child with the opportunity to develop skills in ball control, passing, shooting and strategy. Each session will focus on your child's skill development in a key area and apply skills in a game environment.

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Member	Non-member
Nov 16- Dec 21	Sat	6-8 years	12:00-1:00 pm	6	included	\$46
		9-11 years	1:00-2:00 pm			
Jan 11- Mar 1	Sat	6-8 years	12:00-1:00 pm	8	included	\$62
		9-11 years	1:00-2:00 pm			
Mar 22- May 24	Sat	6-8 years	12:00-1:00 pm	8	included	\$62
		9-11 years	1:00-2:00 pm			

No class on October 12, April 12 or May 3.

Soccer (3 years/4-6 years/7-8 years)

This indoor soccer program will provide your child with the opportunity to learn the fundamentals of soccer including ball control, passing, shooting and defence. A great way to learn the basics in a supportive and fun environment!

Location: Peter Gilgan Family YMCA

Sessions	Day	Age	Time	Classes	Member	Non-member
Sept 15- Nov 10	Sun	3 years	11:30 am-12:15 pm	8	included	\$62
Nov 17- Dec 22	Sun	3 years	11:30 am-12:15 pm	6	included	\$46
		4-6 years	12:15-1:15 pm			
		7-8 years	1:15-2:15 pm			
Jan 12- Mar 2	Sun	3 years	11:30 am-12:15 pm	8	included	\$62
		4-6 years	12:15-1:15 pm			
		7-8 years	1:15-2:15 pm			
Mar 23- May 11	Sun	3 years	11:30 am-12:15 pm	8	included	\$62
		4-6 years	12:15-1:15 pm			
		7-8 years	1:15-2:15 pm			

No class on October 13.

Birthday Parties

Come Celebrate With Us!

At the YMCA, we believe in celebrating! We offer some unique options for birthday parties, including swim parties, gym parties, rock climbing and more! Packages and prices vary. See our website for complete details.

We also have five multi-purpose rooms available for rent for your special event or party. Contact Sandra Rippin for details at 905-845-5597 ext. 433 or email sandrari@oakville.ymca.ca.



Youth Boot Camp (10-13 years)

In this challenging course, youth will work on mastering a variety of obstacle courses designed to develop strength and agility and increase cardio endurance. Tools such as speed hurdles, reaction balls, agility ladders and skipping ropes will be used to increase stamina – and make it fun!

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Sept 17-Oct 22	Tues	5:45- 6:30 pm	6	included	\$46
Jan 14-Feb 18					
Apr 29-Jun 3					

NEW Youth Gravity (10-13 years)

This is a youth-focused version of the class adults have come to love. GRAVITY® is a fun and innovative class that provides full body conditioning through resistance training or Pilates. In small groups, your instructor will lead you through a training session for maximum results in just 30-45 minutes. Class is limited to 10 participants

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Classes	Member	Non-member
Nov 5-Dec 10	Tues	5:45- 6:30 pm	6	included	\$46
Mar 4-Apr 15					

YMCA Skate Park

Our YMCA Mobile Skate Park is coming to a neighborhood near you! Drop into our ramps this fall, ride on out to any of these locations:

Kerr Street Ministries

485 Kerr Street, Tuesdays, May 6 - Aug 26, 2014 4:00-6:00 p.m.

River Oaks Community Center

2400 Sixth Line, Wednesdays, May 7- Aug 27, 2014 4:00-6:00 p.m.

*Skateboards and scooters only

Clearview Community Church

2300 Sheridan Garden Drive, Thursdays, May 8-Aug 28 2014 6:00-8:00 p.m.

Oak Park Neighborhood Centre

2200 Sawgrass Drive, Fridays, May 9-Aug 29, 2014 6:00-8:00 p.m.

Bring your own BMX bike, board or scooter, or borrow for the evening. Helmets are required at all times on the skate park.

In partnership with Clearview Community Church, Kerr Street Ministries, Oak Park Neighbourhood Centre and the Town of Oakville.



Youth Leadership

TAG - Together As Girls (10-13 years)

Be strong! Be courageous! Be you! Join TAG and meet some amazing girls and mentors. Together we can talk about things that matter to you. We'll explore topics like body image, healthy eating, peer pressure, bullying, stress management and so much more! In a supportive group, we'll help you be courageous, make good decisions and prepare you to be a confident future leader. Plus it's GIRLS ONLY and we have so much fun!!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Fee
Sept 14-June 14	Sat	6:30-9:00 pm	FREE

Location: John Knox Christian School

Session	Day	Time	Fee
Oct 3-Dec 19	Thurs	4:00-6:00 pm	FREE
Mar 20-Jun 5			

* A fee of \$15 is required to cover the cost of a TAG t-shirt and year-end celebration.

FREE, supervised bus transportation is available from James W. Hill Public School, St. Luke's Catholic School and Glenburnie School. Healthy and delicious snacks will be provided.

NEW TAG – Together as Girls Leaders (14-17 years)

Our popular TAG program is growing! Join our new leaders program, designed to help develop strong leaders and TAG mentors. Girls will dig deeper into the issues that matter most and strengthen their self-confidence and leadership skills as they learn how to lead group activities, discussions, and co-facilitate our Together as Girls program.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Fee
Sept 14-June 14	Sat	6:30-9:00 pm	FREE



Newcomer Youth Leaders (14-17 years)

In partnership with the Halton Multicultural Council, this program will help newcomer youth to become active participants in our community. By working with them to achieve their goals, participants can create meaningful friendships, build a strong portfolio of skills and experience, learn from community mentors, increase their confidence and gain a sense of belonging. Themes will include life-skills training, career exploration, community involvement and leadership development. To register, contact Martina Prpa at 905-842-2486, ext. 239 or mprpa@halton-multicultural.org.

Location: Halton Multicultural Council

Session	Day	Time	Fee
Oct 10-Dec 12	Thurs	6:30-8:00 pm	FREE

NEW Youth Leaders (9-17 years)

Our YMCA Youth Leadership program is designed to build community leaders! Youth will enjoy leadership training, team-led projects, guest speakers and games while building new friendships, increasing self-confidence and expanding communications skills.

Location: Peter Gilgan Family YMCA

Sessions	Day	Time	Member	Non-member
Sept 5-Dec 19	Thurs	5:30-7:00pm	included	\$50
Jan 9-Jun 19				

Mark your calendars!
Camp Registration opens February 1, 2014.

YMCA Summer Day Camp

Looking for a summer day camp your children won't forget?

The YMCA offers a variety of camp experiences for children 4-17 years old at four convenient locations! We're confident that you will find a camp that suits your child's interests and meets the needs of your family. Our daily program allows opportunity for structured programming, choice and discovery with lots of time to make new friends, stay active and have fun!

Visit ymcaoakville.org or call us at 905-845-3417 for more information.



P.A. Day/Holiday and March Break Programs

2013-2014 School Year P.A. Day and Holiday Programs

Our P.A. Day programs are theme-based days packed full of fun, action and excitement. Sports, crafts, drama, indoor and outdoor games and special guests are just a taste of what's in store for your child. Visit ymcaoakville.org for a registration form and for more information on our upcoming programs for P.A. Days and the Holiday break.

Visit ymcaoakville.org for a registration form and for more information on activities and themes.

P.A. Days

The following centres will offer P.A. Day and March Break programs: St. Luke, Our Lady of Peace, St. Bernadette, River Oaks, Pinegrove, Palermo and St. Marguerite.

Days	Time	Fee
October 11, 2013 Nov 22, 2013 Dec 20, 2013 January 31, 2014 March 7, 2014 April 21, 2014 June 6, 2014	7:00 am-6:00 pm	\$31/day

Holiday Program

Our holiday program and Easter holiday program is offered only at the Peter Gilgan Family YMCA.

Days	Time	Fee
December 23, 2013 – January 3, 2014	7:00 am-6:00 pm	\$31/day

* Dec 24 & 31 holiday program hours are 7:00am -4:00pm

March Break Program

Days	Time	Fee
March 10-14	7:00 am-6:00 pm	\$31/day

March Break Overnight Camp (11-14 years)

In partnership with YMCA Camp Pine Crest, this is an overnight camp experience your teens won't forget! Join us for a 3-night, 4-day camp adventure where participants will sleep in winterized cabins and eat in a winterized dining hall. With a balance of indoor and outdoor programming, camp activities may include group games & initiatives, low and high ropes, snowshoeing, tobogganing, cross country skiing, shelter building, campfires and more!

*Accommodation, meals and transportation to YMCA Camp Pine Crest are included in the fee!

Location: YMCA Camp Pinecrest, Muskoka

Session	Day	Time	Fee
March 10-13	Mon-Thurs	4 days, 3 nights	\$375.00

Family Information Session: Peter Gilgan Family YMCA

Join us on Thursday, March 6, 2014 at 6:30 p.m. for an information session that will answer all your questions and provide important information about the week away!

March Break Day Camp (6-12 years)

Modeled after a typical day camp program, campers will participate in a wide range of activities including recreational swimming, sports and games, arts and crafts, rock climbing, theme days and special guests. Sign up for the entire week or choose only the days you want!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Fee
March 10-14	Mon-Fri	9:00 am-4:00 pm	\$180.00/week \$40.00/daily rate

March Break Day Camp - Extended Camp Care (6-12 years)

We offer a safe, supervised FUN extension of the camp day for busy, working families!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Fee
March 10-14	Mon-Fri	7:00-9:00 am 4:00-6:00 pm	AM only \$45.00/week \$9.00/daily rate PM only \$45.00/week \$9.00/daily rate AM & PM \$80.00/week \$18.00/daily rate

NEW Volunteer Ready program

Learn what it takes to become YMCA volunteer ready. Gain a better understanding of the possible opportunities within Halton to help others and get involved. Start making a difference in your community while having some fun!

Contact Tammy Smith, Supervisor Staff and Volunteer Development for further details at 905 845-5597 ext 230 or tammysm@oakville.ymca.ca



Aquatics Programs

2013-2014 Swim Lesson Program

Session dates	Fall Session Sept 16 -Dec 15	Winter session Jan 6- March 30	Spring Session April 7- June 29	Summer Session July 7-Aug 31
Parent & Instructor Connect Week	Oct 21- 27	Feb 10-15	May 12-17	Aug 4-9
Online Report Card	Dec 8-15	March 24-30	June 23- 29	Aug 25-31
Registration/Program Break (No Swim Lessons)	Dec 16- 22	Mar 31- Apr 6	June 30-July 6	Pool closing for maintenance Sept 2- 14
Important dates (No Swim Lessons)	Thanksgiving Christmas Break Dec 23- Jan 5th 2014	Family Day Good Friday March Break Mar 10-16th	Victoria Day Canada Day	Civic Holiday Labour Day

YMCA Swim Lessons

Age Groups	Red Cross Program	Lifesaving Society Program	YMCA Program
0-2 years old accompanied by parent	Starfish	Parent and Tot 1	Splashers
	Duck	Parent and Tot 2	Bubblers
	Sea Turtle	Parent and Tot 3	Bubblers
3-5 years old accompanied by parent, or on their own	Sea Otter	Preschool A	Bobbers
	Salamander	Preschool A	Floater
	Salamander	Preschool B	Gliders
	Sunfish	Preschool B	Divers
	Crocodile	Preschool C	Surfers
	Whale	Preschool D	Dipper
6-12 years old	Swim Kids 1	Swimmer 1	Otter
	Swim Kids 2	Swimmer 2	Seal
	Swim Kids 2/3	Swimmer 3	Dolphin
	Swim Kids 4/5	Swimmer 4	Swimmer
	Swim Kids 6	Swimmer 5	Swimmer
	Swim Kids 7	Swimmer 6	Star 1
	Swim Kids 8	CSP- Rookie	Star 2/3
	Swim Kids 9	CSP- Ranger	Star 3/4
	Swim Kids 10	CSP- Star	Star 5/6
	Swim Kids 10	Bronze Star	Star 7

Registration / Program Break

During registration week there are no swim lessons, but both pools will be open for recreational swims during swim lesson time blocks.

Parent & Instructor Connect Week

During week six of each session, your child's swim instructor will be available for a few minutes after lessons to discuss your child's progress.

Online Report card

Swim lesson progress reports are available online at the end of each session. Participants who successfully complete their swim level can also pick up their stickers or badges from the aquatics office.

How to access Progress Reports Online:

- Go to www.ymcaofOakville.org
- Click on Aquatics
- Click on the Swim Lesson Progress Card button on the right navigation
- Enter your child's membership ID (located in the bottom left corner of the membership card)

Holiday and March Break Programs

See page 10 for details.

Holiday Break Dec 23 - Jan 5/2014

Lifesaving Bronze Medallion + Emergency First Aid
National Lifeguard Services (NLS) & Re-certification

March Break Mar 10-14/14

Lifesaving Swim Patrol: Rookie, Ranger Star (7-10 years)
National Lifeguard Services (NLS) & Re-certification



YMCA Member Swim Lessons (3-16 years)

Classes are 30 minutes a week for 12 weeks. Our member swim lessons run in 12-week sessions with a one week break between sessions. Once enrolled in our swim program, the aquatics staff will automatically register your child into the appropriate swim level at the same day and time slot for the next session during the program break. Regular attendance is required. Three consecutive absences within a 12-week session may result in the removal of your child from the session.

Day	Time	Classes	Member
Mon-Fri	10:00-11:00 am* 4:30-8:00 pm	12	included
Sat	9:00-12:30 am		

No class on October 9.

*Friday morning time slots are designated for our home school program participants.

We offer a rolling registration swim lesson program for members. This means once a participant registers into swim lessons, he or she is not required to re-register at the end of each session either if continuing current level or moving up to next level.

Re-registration is required under circumstances listed below:

- Members request to switch day and time or different time block within the day
- Membership is put on hold OR cancelled
- Members missed more than 3 classes in a row in current lesson

Re-registration each session is required for non-members due to the payment method.

Additional Registered Swim Lessons

In addition to the one swim lesson per week included with your membership, you may also purchase additional 12-week swim lesson packages. Please refer to the YMCA Membership Guide for our swim lesson descriptions. Registered swim lessons run once per week.

Day	Time	Classes	Member	Non-member
Mon-Fri	4:30-7:15 pm	12	\$120	\$140
Sat	9:00am-12:30 pm			

Private and Semi-Private Lessons

If you're looking to dedicate even more time to learning how to swim, you can choose from private or semi-private swim lessons, which can be used in addition to the weekly swimming lesson included with your membership. This is a great option if you think you or your child would benefit from additional swimming lessons.

Type	Day/Time	Weeks	Member	Non-member
Private	To be scheduled directly with swim instructor	4	\$140	\$160
Private		8	\$240	\$260
Semi-private		4	\$80/each	\$100/each
Semi-private		8	\$140/each	\$160/each

How to register

Online at ymcafoakville.org, or in person at the Peter Gilgan Family YMCA at 410 Rebecca Street.

For more information on YMCA programs at Oak Park visit ymcafoakville.org or call 905-845-3417.

Youth Aquatics Leaders (must have completed Star 6)

This program focuses on your stroke correction and endurance and begins to work on some key elements of instructing and lifesaving. You will also have the opportunity to assist in the delivery of our YMCA member swim lessons! This program is not available to non-members.

Day	Time	Classes	Member
Fri	7:00-8:00 pm	12	included

Youth Aquatics Mentorship Program

(must have completed Master Swimmer)

This program provides the opportunity to assist in the delivery of our YMCA member swim lessons. You will have a pool orientation and train in preparing to assist our YMCA swim instructors, as well as learn emergency procedures while assisting in pool area. This 2.5 hour program allows you to build a relationship with both instructors and swim participants by developing our YMCA core values. This program is not available to non-members.

Day	Time	Classes	Member
Mon-Fri	4:30-7:15 pm	12	included
Sat	9:45am-12:30 pm		

Swim Team

Upon completion of YMCA swim level Star 6 or Master Swimmer. Participants will benefit on stroke correction with skills and techniques provided. Swimmers of all ages are guided and motivated to reach personal goals and achieve fitness results.

Day	Time	Classes	Member
Mon	7:15-8:00 pm	12	included

Virtual Swim the Lake

Calling all individuals, teams and families of all ages! Challenge yourself and your team swim to various distances and bodies of water all over the world with our online virtual Swim the Lake. This program helps you record the distance you have swam and track how far you have to go to the reach our next goal.

Session	Day/Time	Member/Non-member
Ongoing	During Recreational Open Swims	\$5 donation to the YMCA Strong Kids campaign per person or family

Every kid deserves
a chance

To learn more about the
YMCA Strong Kids Campaign and other opportunities
to give to the Y turn to the back page.

Parent & Tot and Infant CPR (3–35 months)

Introduce your baby to the water! Learn to blow bubbles, plus kick and splash using a mix of games, songs, and activities. Ten minutes during each class will be allocated to teaching you what to do in case of an emergency. This program is included in the cost of your monthly membership package.

Day	Time	Classes	Member	Non-member
Mon, Tue, Wed & Thurs	10:00-10:30 am	12	included	\$120
Mon, Tues, Thus & Fri	5:15-5:45pm			
Wed	6:00-6:30pm			
Sat	9:00-9:30am OR 9:45-10:15am			

Adult Beginner Swim Lessons (16+ years)

This lesson will introduce you to basic swimming skills and techniques such as floating, gliding and swimming on your front and back within 10-15m distances. No experience required.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Dec 15	Mon	11:00-11:30 am OR 8:00-8:30 pm	12	included	\$120
Jan 6-Mar 30					
Apr 7-Jun 29					

Adult Intermediate Swim Lessons (16+ years)

The goal of this program is to develop your proficiency and endurance in one or more of the swimming strokes. Based on participants request, instructor work on stroke correction individually. Participants must be able to swim 25m and be comfortable in deep water.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Dec 15	Wed	11:00-11:30am OR 8:00-8:30pm	12	included	\$120
Jan 6-Mar 30					
Apr 7-Jun 29					

Financial Assistance

As a charity, the YMCA of Oakville is committed to ensuring that every individual in our community has access to the essentials needed to grow, learn and reach their full potential. If your financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us, we can help.

Aquatics Leadership Courses

Lifesaving Swim Patrol: Rookie, Ranger, Star (7–10 years)

This program focuses on fitness, endurance, rescues, First Aid and CPR. Ideal for your child who is interested in continuing to swim, but is not yet of age to participate in the Aquatics Leadership Program.

Session	Day	Time	Classes	Member	Non-member
Rookie Sept 16-Dec 15	Sat	12:00-1:00 pm	10	\$100	\$120
Ranger Jan 6-Mar 30					
Star Apr 7-Jun 29					
March Break Camp					
Rookie, Ranger & Star Mar 10-Mar 14	Mon-Fri	8:30-4:30pm	40 hours	\$200	\$220

Lifesaving Bronze Medallion + Emergency First Aid (13+ years OR hold Bronze Star)

This course teaches you to respond to complex water rescue situations and develops physical fitness, decision-making and judgment skills. It is a prerequisite for all advanced leadership courses.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Dec 15	Sat	1st 2 weeks	12	\$220	\$240
Jan 6-Mar 30		12:30-4:30pm			
Apr 7-Jun 20		Last 10 weeks 12:30-2:30pm			
Christmas Break Jan 2-Jan 5	Thur & Sun	8:30-4:30pm	32 hours	\$220	\$240

Lifesaving Bronze Cross (13+ years)

Bronze Cross challenges you with more advanced training. It introduces safe supervision in aquatic facilities, the principles of teamwork and the procedures and use of special equipment. You must hold a Bronze Medallion and Emergency First Aid with CPR. Bronze Cross is a prerequisite for all advanced training including NLS and instructor certifications.

Session	Day	Time	Classes	Member	Non-member
Sept 16-Dec 15	Sat	2:30-5:30 pm	12	\$160	\$180
Jan 6-Mar 30					
Apr 7-Jun 29					



Aquatics Leadership First Aid and CPR Courses

National Lifeguard Services (NLS) & Re-certification (16+ years)

This course is a nationally recognized Lifeguarding program. The course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. Participants must hold Bronze Cross and Standard First Aid. Anything less than 80% attendance may affect completion of the course. Exam date cannot be rescheduled, anyone who fails to attend the scheduled exam date must redo the FULL course. Please provide a photocopy of ALL required certification cards upon registration.

Session	Day	Time	Classes	Member	Non-member
Christmas Break Dec 21, 22, 28, 29, 30	Sat, Sun & Mon	9:00-5:00pm	40 hours	\$330	\$370
March Break Mar 10-14	Mon-Fri	8:30-4:30pm	40 hours	\$330	\$370



Emergency First Aid + CPR 'B' + Re-certification (13+ years)

This course covers general knowledge of First Aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, stroke, and use of AED.

Standard First Aid + CPR 'C' + Re-certification (13+ years)

Standard First Aid + CPR "C" is a continuation of the first aid course in-depth understanding of first aid including; legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, medical emergencies and use of AED.

Proof of original SFA awards card MUST be shown to the examiner. Failure to provide this verification will prevent testing. SFA certificates from other agencies may not re-certify their certificate on a LSS re-cert course. SFA award holders may re-certify their LSS SFA by alternating re-certifications and original full courses.

Course	Day/Time	Classes	Member	Non-member
Emergency First Aid	Sept 21 & 28 12:30-4:30 pm	2	\$70	\$80
	October 5, 2013 9:00-5:00 pm	1		
	February 21, 2014 9:00-5:00pm	1		
	May 2 & 9 5:00-9:00pm	2		
Emergency First Aid Re-certification	Last 4 hours of the course	1	\$40	\$50
Standard First Aid	Oct 5 & 6 9:00 am-5:00 pm	2	\$120	\$140
	Feb 21 & 28 9:00 am-5:00 pm	2		
	May 2, 9, 16 & 23 5:00-9:00 pm	4		
Standard First Aid Re-certification	Last 8 hours of the full course	1	\$60	\$70

Become a YMCA Lifeguard

Our Lifesaving Society Aquatics Leadership Courses and First Aid and CPR training can get you ready for volunteer and summer job opportunities, plus help you become qualified to be a YMCA lifeguard.



YMCA experiences
can have a
lifetime of impact



Opportunities to Give

The YMCA of Oakville provides hope and health to those in need in our community. By donating to our YMCA Strong Kids campaign, you can help make sure that everyone has the opportunity to benefit from a YMCA experience.

To learn more about how YMCA experiences are changing lives, visit ymcaoakville.org/donate.

Volunteer With Us!

Please visit our website for a list of current opportunities. Contact Tammy Smith, Supervisor of Staff and Volunteer Development at volunteer@oakville.ymca.ca or 905-845-5597 ext 230 for more information.

Locations

Peter Gilgan Family YMCA, 410 Rebecca Street
Oak Park Neighbourhood Centre, 2200 Sawgrass Drive

MISSION

The YMCA of Oakville is a charity that strengthens community in spirit, mind and body.

VISION

The YMCA of Oakville will be at the forefront of positive change in the health and well-being of our community.

VALUES

The YMCA of Oakville is a values-based organization focused on six core values: inclusiveness, health, respect, responsibility, caring and honesty.

YMCA of Oakville

410 Rebecca Street
Oakville, Ontario L6K 1K7
Te: 905-845-3417 Fax: 905-842-6792
info@oakville.ymca.ca
ymcaoakville.org

[facebook.com/YMCAOakville](https://www.facebook.com/YMCAOakville)

[@YMCAOakville](https://twitter.com/YMCAOakville)

Charitable Registration Number:
11906 4400 RR0001