



Adult Programs

Register today!

Registered Programs Summer 2015

Latin Dancing (16+ years)

Find your inner Latin dancer and learn how to shake your hips on the dance floor with this fun, recreational dance program. No experience necessary, we are here to have FUN!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 21-Aug 25	Tues	6:15-7:15pm	6	included	\$50

Mommies to Be Prenatal Fitness

Staying active during pregnancy is beneficial for weight management, muscle strength and endurance to help prepare you for child birth and beyond. Please consult with your doctor prior to starting any new exercise routine.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 21-Aug 25	Tues	5:15-6:00 pm	6	included	\$50

Babies and Me Postnatal Fitness

This postnatal fitness class will get you and your baby active, moving and you in shape again. Always consult with your doctor prior to starting a workout routine. Its recommended moms wait at least 6 weeks to heal after natural birth and 12 week post a Caesarean section prior to starting any physical activity.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 22-Aug 26	Wed	10:15-11:15 am	6	included	\$50

Nordic Pole Walking Club (16+ years)

Nordic Pole Walking will pump up your cardio by increasing oxygen consumption, reduce stress to your knees and lower joints and improve posture while strengthening your upper body to create resistance and build better bone density. Bring your poles and join us for a weekly walk through Oakville.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 21-Aug 25	Tues	8:00-9:00 am	6	included	\$40**

** \$75 if you need to purchase poles

Adult Outdoor Boot Camp (16+ years)

As the weather gets warmer, take your fitness regime outside! This 6 week boot camp consists of a combination of strength, cardio, muscle endurance, core, flexibility and functional training. Whether you are a new exerciser or someone looking for a change in their training, this class will guide you to a new you!

Location: Our Lady of Peace Catholic Elementary School - 391 River Glen Blvd

Session	Day	Time	Classes	Member	Non-member
Jul 20-Aug 24	Mon	6:30-7:30pm	6	Included	\$50

NEW Group Interval Training* (16+ years)

Join us on the wellness floor for Group Interval Training. A combination of cardiovascular, muscular strength and endurance exercises to condition your body in a motivating group setting. * Sign up is required 30 mins prior to start time.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Jun 29-Sept 4	M/W/F T/Th	10-11 am or 7-8pm 6-7 am or 7-8pm	On going	Included

Adult Master Swim (16+ years)

This class provides an opportunity to improve technique, skills and speed based on personal fitness goals created through regular coached swimming workouts. Participants should be able to swim 200m (eight lengths of 25m pool)

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 8 - Sept 2	Wed	9:00-10:00 pm	9	\$35	\$110

Child Minding Service

Available for children 4 weeks to 10 years at an additional charge. Cost \$6/hr per child. Save with a 20 hr child minding card: \$70 for single child or \$100 two children. Parent/guardian must remain on site while children are in care.

Monday to Wednesday: 8:30 am-12 pm, 1-3 pm, 6-8 pm
Thursday and Friday: 8:30 am-12 pm, 1-3 pm
Saturday: 8:30 am-12 pm
Sunday: closed
Holidays: 9 am-12 pm



Register online at ymcafoakville.org
or at the Membership Services Desk.

ymcafoakville.org



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Half Marathon Running Clinic (16+ years) Take on a new challenge? Or add another race to your list! This 16 week training schedule is ideal for first-time half-marathoners and experienced runners. We recommend three or four runs per week to prepare you for the Oakville Half Marathon on Sunday, Sept 27, 2015.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jun 13-Sept 27	Sat Wed	8:00-10:30 am 7:00-8:00 pm	16	included	\$50

Adult Beginner Swim Lessons (16+ years)

Swim lessons designed to introduce the water plus some basic swimming skills and techniques. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6-Aug 31	Mon	8:00-8:30 pm	8	included	\$100

Adult Intermediate Swim Lessons (16+ years)

The goal of this program is to develop proficiency and endurance in one or more of the swimming strokes. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 8-Sept 2	Wed	8:00-8:30 pm	9	included	\$110



Voted Oakville's Best Fitness Programs



Voted Oakville's Best Swimming Programs

NEW Sports Training (14+ years)

Sport-specific small group training (max 8 participants) now available to help you train for your sport season. Training designed to increase muscle strength and endurance to overall improve sport specific skills.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 22-Aug 26 Soccer	Wed	6:00-7:00 pm	6	\$100	\$175
Jul 21-Aug 25 Golf	Tues	11:00-12:00 am	6	\$100	\$175

Personal Training at the Y

YMCA personal trainers are here to help you build a better you. No matter your skill level, specific training need or motivation we can help you achieve your individual healthy and fitness goals.

All of our personal trainers are certified through accredited certifying associations such as YMCA Canada, Certified Professional Trainers Network, CSEP-CPT or Canfitpro. Our personal trainers are also current in First Aid/ CPR. We offer one-on-one training and two-on-one training.

Pricing	5 Sessions	10 Sessions	20 Sessions
One-on-one training	\$245	\$450	\$700
Two-on-one training	\$145	\$245	\$365

Private & Semi-Private Swim Lessons

At the YMCA, we offer even more options for those wanting to learn how to swim. Choose from private swim lessons or semi-private swim lessons, which can be used in addition to the weekly swimming lessons included with your membership. This is a great option if you think you or your child would benefit from one-on-one or small group lessons. * Time to be schedule with an aquatics lesson facilitator.

Location: Peter Gilgan Family YMCA

Pricing	Weeks	Member	Non-member
Private Lessons	4	\$140	\$160
	8	\$240	\$260
Semi-private Lessons	4	\$80	\$100
	8	\$140	\$160

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ymcaoakville.org