



Program Schedule

June 29 to September 6, 2015

YMCA of Oakville
Peter Gilgan Family YMCA

MONDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM	S Group Interval Training on the Wellness Floor 10:00am-11:00am 7:00pm-8:00pm												
6:30 AM													
7:00 AM		R \$ Camp Care 7:00-9:00	R \$ Camp Care 7:00-9:00									Family Lane Swim 5:45-8:45	Lane Swim 5:45-8:45
7:30 AM													
8:00 AM	Parkinson's 8:00-9:00												
8:30 AM													
9:00 AM			S Preschool Creative Hands and Feet 9:15-10:45	Child & Youth Morning Mix 9:15-10:45	Wiggles and Giggles 9:00-11:00								
9:30 AM	Zumba 9:30-10:30												
10:00 AM													
10:30 AM	Gentle Fit 10:45-11:45												
11:00 AM		Family Gym Kids 11:00-12:15											
11:30 AM													
12:00 PM													
12:30 PM	R \$ Camp 12:00-1:30		R \$ Aquatics Leadership Course 12:00-2:30	Family Track 3:30-5:30	R \$ Camp 11:30-4:00								
1:00 PM													
1:30 PM	Child & Youth Game On 1:30-3:00	S Preschool Gym Time 1:30-3:00											
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM	R \$ Camp Care 4:00-5:30	Teen Basketball 3:30-6:00											
4:30 PM													
5:00 PM													
5:30 PM													
6:00 PM	Zumba 6:15-7:15		Child & Youth Game On 6:00-7:30										
6:30 PM													
7:00 PM													
7:30 PM													
8:00 PM													
8:30 PM	Adult Volleyball 7:30-10:00		S Mindful Yoga 8:00-9:00		S Gravity Class on the Wellness Floor 9:45-10:30 6:00-6:45								
9:00 PM													
9:30 PM													
10:00 PM													

All facility areas close at 10:00 pm

TUESDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM	S Group Interval Training on the Wellness Floor 6:00am-7:00am 7:00pm-8:00pm												
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM													
9:30 AM													
10:00 AM													
10:30 AM													
11:00 AM													
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM													
1:30 PM	Child & Youth Game On 1:30-3:00	S Preschool Games'n Mazes 1:30-3:00											
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM	Child & Youth Multi Sport 5:00-6:00	Basketball 3:30-7:00											
5:30 PM													
6:00 PM	Child & Youth Game On 6:15-7:15												
6:30 PM													
7:00 PM													
7:30 PM													
8:00 PM	Step Fit 7:30-8:30												
8:30 PM													
9:00 PM	Adult Basketball 8:45-10:00												
9:30 PM													
10:00 PM													

All facility areas close at 10:00 pm



Hours of Operation

Monday to Friday 5:30 am – 10:00 pm
 Saturday 7:00 am – 6:00 pm
 Sunday 8:00 am – 6:00 pm

YMCA of Oakville
 Peter Gilgan Family YMCA

WEDNESDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM	Ⓢ Group Interval Training on the Wellness Floor 10:00am-11:00am 7:00pm-8:00pm												
6:30 AM													
7:00 AM													
7:30 AM		Ⓜ \$ Camp Care 7:00-9:00											
8:00 AM	Parkinson's 8:00-9:00												
8:30 AM													
9:00 AM													
9:30 AM	Bar Blast 9:30-10:30		Ⓢ Preschool Creative Hands and Feet 9:15-10:45	Child & Youth Morning Mix 9:15-10:45									
10:00 AM													
10:30 AM	Gentle Fit 10:45-11:30												
11:00 AM		Family Gym Kids 11:00-12:15											
11:30 AM													
12:00 PM													
12:30 PM	Ⓜ \$ Camp 12:00-1:30												
1:00 PM													
1:30 PM	Child & Youth Game On 1:30-3:00	Ⓢ Preschool Gym Time 1:30-3:00	Ⓜ \$ Aquatic Leadership Course 1:00-4:00	Rhythm, Rhyme and Read 1:00-2:00									
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM	Teen Basketball 3:30-6:00	Camp Care 4:00-5:30	Family Track 3:30-5:30										
4:30 PM													
5:00 PM													
5:30 PM													
6:00 PM		Ⓢ Preschool/Child & Youth Game On 6:00-7:15	* Ⓜ Ⓜ Taekwondo Existing 7-9yrs and 10+ Beginners 5:00-5:30 Yellow & Orange stripe 5:30-6:15 Green and Blue stripe 6:15-7:00 Black Belts 7:45-8:45										
6:30 PM	Zumba 6:15-7:15												
7:00 PM													
7:30 PM													
8:00 PM													
8:30 PM	Adult Badminton 7:30-10:00												
9:00 PM													
9:30 PM													
10:00 PM													

All facility areas close at 10:00 pm

THURSDAY

	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM													
6:30 AM	Ⓢ Group Interval Training on the Wellness Floor 6:00am-7:00am 7:00pm-8:00pm												
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM													
9:30 AM	Circuit Fit 9:15-10:15		Ⓢ Preschool Playtime 9:15-10:45	Child & Youth Morning Mix 9:15-10:45									
10:00 AM													
10:30 AM	Yoga Fitness 10:30-11:30												
11:00 AM													
11:30 AM													
12:00 PM													
12:30 PM	Ⓜ \$ Camp 11:30-1:30												
1:00 PM													
1:30 PM	Child & Youth Game On 1:30-3:00	Ⓢ Preschool Games'n Mazes 1:30-3:00	Ⓜ \$ Aquatics Leadership Course 12:00-3:00										
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM	Basketball 3:30-5:30	Ⓜ \$ Aquatics Leadership Course in Youth Room 8:30-4:40											
4:30 PM													
5:00 PM													
5:30 PM	Ⓜ Leader Corps 9-17 yrs 5:30-7:15	Child & Youth Game On 6:15-7:15											
6:00 PM													
6:30 PM													
7:00 PM													
7:30 PM	Circuit Fit 7:30-8:30												
8:00 PM													
8:30 PM	Adult Basketball 8:45-10:00												
9:00 PM													
9:30 PM													
10:00 PM													

All facility areas close at 10:00 pm



Holiday Hours

9:00 a.m. – 5:00 p.m.

Open: Civic Holiday, August 3; Labour Day, September 7

Pool Closed: Canada Day, July 1; September 8-20, 2015

YMCA of Oakville
Peter Gilgan Family YMCA

FRIDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
5:30 AM													
6:00 AM													
6:30 AM													
7:00 AM	Ⓢ Group Interval Training on the Wellness Floor 10:00 am-11:00am 7:00pm-8:00pm											Family Lane Swim 5:45-8:45	Lane Swim 5:45-8:45
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM													
9:30 AM	Muscle Fit 9:30-10:30		Ⓜ Ⓢ Preschool Creative Hands and Feet 9:15-10:45	Child & Youth Morning Mix 9:15-10:45	Wiggles & Giggles 9:00-11:00							Aqua Fit 9:00-9:45	
10:00 AM													
10:30 AM	Gentle Fit 10:45-11:30												
11:00 AM		Family Gym Kidz 11:00-12:15											
11:30 AM													
12:00 PM	Ⓡ Ⓢ Camp 11:30-1:30												
12:30 PM													
1:00 PM													
1:30 PM	Child & Youth Game On 1:30-3:00	Ⓡ Ⓢ Preschool All Sorts of Sports 1:30-3:00	Ⓡ Ⓢ Aquatics Leadership Course in Youth Room 8:30-4:40										
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM			Family Track 3:30-5:30										
4:30 PM	Ⓡ Ⓢ Camp Care 4:00-6:00	Teen Basketball 3:30-6:00											
5:00 PM													
5:30 PM													
6:00 PM													
6:30 PM	Zumba 6:15-7:15	Ⓢ Preschool/Child & Youth Game On 6:00-7:15	Ⓜ Ⓡ Taekwondo *Existing Beginners Age 6, yellow Stripe, yellow to orange 5:00-5:30 Green and Blue Stripe 6:15-7:15 Blue to Red 7:15-8:15 Black Belts & Adults 8:15-9:30										
7:00 PM													
7:30 PM	Youth Sports 10+ 7:30-8:30												
8:00 PM		Basketball 7:30-9:30											
8:30 PM													
9:00 PM													
9:30 PM													
10:00 PM													

All facility areas close at 10:00 pm

SATURDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
7:00 AM													
7:30 AM													
8:00 AM												Family Lane Swim 7:00-9:00	Lane Swim 7:00-9:00
8:30 AM													
9:00 AM													
9:30 AM													
10:00 AM													
10:30 AM	Family Gym Kids 10:00-11:30												
11:00 AM													
11:30 AM													
12:00 PM	Ⓢ Child & Youth Sports 12:00-1:00												
12:30 PM													
1:00 PM													
1:30 PM	Room Bookings/Birthday Parties 12:00-3:00 call 905-845-5597 ext.433 for details												
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM	Family Badminton 3:15-4:15												
4:00 PM													
4:30 PM	Adult Volleyball 4:30-6:00												
5:00 PM													
5:30 PM													
6:00 PM													

All facility areas close at 6:00 pm

Legend

Adult 16+ years
 Teen 13+ years
 Youth 9-13 years
 Child 6-9 years
 Preschool 3-5 years
 Family: Child must be accompanied by parent or guardian

- Adult/unsupervised programs
- Child/supervised programs
- Swimming lessons
- Open swim or open program
- Community program and birthday party
- Camp
- Closed

- Ⓢ Limited space, sign up for the program 30 minutes prior to start
- Ⓡ Program requires registration, please see Membership Services
- Ⓜ Member only programs
- Ⓢ Fee may apply

Program areas close 15 minutes prior to building close. Program spaces are not available 15 minutes prior to adult classes and 45 minutes before some children's classes to allow for program set up.



Program Schedule

June 29 to August 31, 2015

YMCA of Oakville
Peter Gilgan Family YMCA

SUNDAY	Gyms		Multi-purpose Rooms					Adventure Centre	Leisure Pool	Main Pool			
	1	2	1	2	3	4	5			20m	25m	25m	25m
8:00 AM													
8:30 AM													
9:00 AM	Yoga Fitness 9:00-9:45		Family Track 2:00-4:00					☺ Cycle Fit 9:00-10:00					
9:30 AM													
10:00 AM	Total Body Conditioning 10:00-11:00												
10:30 AM								☺ TRX Express 10:15-11:00					
11:00 AM	☺ Child & Youth Sports 6-13 yrs 11:15-12:15								Birthday Parties 11:00-12:15				
11:30 AM													
12:00 PM													
12:30 PM			Available for Room Bookings/ Birthday Parties 10:30-5:30 (Open if not booked) Call 905 845-5597 ext. 433 for details										
1:00 PM									Open climb 12:30-2:00				Adult Lane Swim 8:00-6:00
1:30 PM	Available for Birthday Parties 12:15-5:30 (Open if not booked) Call 905 845-5597 ext. 433 for details												
2:00 PM													
2:30 PM													
3:00 PM									Birthday Parties 2:00-4:40				
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM													
6:00 PM													

All facility areas close at 6:00 pm

Child Minding

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 onsite 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



Members & Guests

Membership cards must be swiped with each visit and worn and visible at all times while within the Peter Gilgan Family YMCA.

As a YMCA member, I will help make the YMCA experience better for all by being considerate of others. I accept the responsibility to treat all people with YMCA values: inclusiveness, health, responsibility, respect, caring and honesty.

Guests: Photo I.D is required for all YMCA guests and day pass users.

Change Room Policy

Family Change Room stalls are for everyone's use. Please do not hold or reserve stall or washrooms when they are not in use.

Members with opposite gender children 0-4 years old are permitted into the general change rooms. Members with opposite gender children 5 years old and older must use the family change room.

Connect with us!

Connect with us online, share and join the conversation.

facebook.com/YMCAOakville

@YMCAOakville

Your feedback is important and we value your questions, opinions and comments.

The YMCA of Oakville reserves the right to change the schedule as required. Changes to the schedule are posted at www.ymcaoakville.com.

Pool Closure

Our annual pool maintenance closure will be held from September 5 to September 13, 2015.

Volunteer with us!

The YMCA of Oakville is a charitable association that depends on volunteers to help enrich the quality of life for our members and community program participants. Consider volunteering today. Please visit our web site www.ymcaoakville.org for a list of current opportunities.

Wellness Centre now open to 13 year olds

Teens 13-16 years who want to use the Wellness Centre and indoor track need to first complete the Teen Conditioning Course. This two-hour course helps them get started safely and includes safe weight training and exercise practices, proper stretching techniques, nutrition and Wellness Centre etiquette. Teen Conditioning is offered Saturdays from 12:00-2:00 p.m. Register at the Membership Services Desk.

Youth Room

Open to youth 9+ years

Monday to Wednesday:
5:00-8:30 p.m.

Friday: 5:00-8:30 p.m.

Birthday Parties/Room Bookings

Book your special celebration with us!

Visit ymcaoakville.com for information on birthday party packages and room bookings, or call Sandra Rippin at 905-845-5597, ext. 433.



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.com/donate.

Financial Assistance

As a charity, we are committed to ensuring that every individual in our community has access to the essentials needed to grow, learn and reach their full potential. We offer financial assistance to those in need. Please contact the Membership Services Desk for more information. All inquiries will be kept confidential.

YMCA of Oakville

Peter Gilgan Family YMCA

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