

Make family time active time at the YMCA this winter

We all know that creating a healthy lifestyle for our family is important, but with winter upon us, it can be challenging to find ways to be active. Why not head to the YMCA where you and your family can get active together.

When the weather outside is chilly and cold, our Peter Gilgan Family YMCA is a great place to bring your family to warm up and get moving. We have a wide range of health, fitness and recreation opportunities including a double gym, fitness classes from A to Z, a rock climbing wall, two indoor pools, a modern Wellness Centre

featuring the latest in fitness equipment and much more. We're proud to offer something for everyone in your family.

A YMCA family membership package is also all-inclusive, which makes it great value and a convenient time-saving option for you and your family. With affordable monthly membership fees, your family can be active, challenged, involved and part of a larger community striving for the same goal of a healthy spirit, mind, and body. As a charity, we also offer financial assistance to those who are not able to afford the full fee of a YMCA membership.

Donors to our YMCA Strong Kids campaign make it possible for the YMCA to ensure everyone is able to benefit from a YMCA program.

Open House January 21 to 26

To help you discover just how convenient and affordable a YMCA family membership can be, we're inviting you to come to our Peter Gilgan Family YMCA for an Open House event from January 21 to 26. During this time you can find out more about us and as a special bonus, you'll receive a free YMCA Family Pass to check out our programs and amenities on your next visit.

Drop by next week to see why the YMCA is a great place for you and your family to make family time active!



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A YMCA membership is the perfect way for you and your family to get active — and spend quality time together.

Our membership packages are all-inclusive!

Take swimming lessons, work out, try group fitness, play sports, rock climb and more – all included in an affordable monthly fee.

Financial assistance is also available.

Connect with us!



YMCAOakville
@YMCAOakville

Open House
January 21-26,
Come in for a tour
and get a **FREE**
Family Pass!

Building healthy communities

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ymcaofoakville.com



Scan to see a video overview!

YMCA of Oakville
Peter Gilgan
Family YMCA

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