

Schedule at a Glance

Fort Erie E.J. Freeland YMCA
 1555 Garrison Road
 Fort Erie, ON L2A 1P8
 905-871-9622
 visit our website www.ymcaofniagara.org

Building Hours
 Monday - Friday 6:00am - 10:00pm
 Saturday 7:00am - 6:00pm
 Sunday & Holidays 7:00am - 6:00pm



Building a healthy community since 1859
 YMCA OF NIAGARA

MONDAY							TUESDAY						
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2	Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25						6	Lane Swim 6:00-8:25				Cyclefit 6:15-7:00	
7							7						
8	Aqua Jog 8:30-9:15						8	Aqua Jog 8:30-9:15					
9	Aqua Fit 9:15-10:00	Program 9:00-10:00	Athletic Hour 9:00-10:00			Active Kids 9:00-10:30	9	AquaFit 9:15-10:00	Program 9:00-10:00	Cardio Mix 9:00-10:00			Active Kids 9:00-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00					10	Family Swim 10:00-12:00	One Lane 10:00-12:00	Yoga Fitness 10:15-11:15			
11							11						
12	Lane Swim 12:00-1:00						12	Lane Swim 12:00-1:00					
1	Open Swim 1:00-3:30	One Lane 1:00-3:30					1	Open Swim 1:00-2:30	One Lane 1:00-4:30				
2							2	Rentals 2:30-3:30					
3	Lane Swim 3:30-4:30						3						
4	Lessons 4:30-6:30						4	Lessons 4:30-6:30					
5		Sports Blast 5:15-6:00					5			Body Sculpt 5:30-6:20			
6	Open Swim 6:30-8:15	One Lane 6:30-8:45	BBall 8-10 yrs 6:00-7:00	On the Ball 5:30-6:20	Discovery Club 6:00-7:30	Busy Buds 6:00-7:30	6	AquaFit 6:30-7:15	One Lane 6:30-8:15	Programs 6:00-7:00		Discovery Club 6:00-7:30	Busy Buds 6:00-7:30
7			BBall 10-14 yrs 7:00-8:00	Step 6:30-7:30	Cyclefit 6:30-7:15		7	Open Swim 7:15-8:15			Cyclefit 6:30-7:15		
8	Adult Lessons 8:15-8:45		Adult Bball 8:00-9:30	Karate 7:45-8:45			8	Lane Swim 8:15-9:30	Adult Wallyball 8:00-9:30	Rac Court 1			
9	Lane Swim 8:45-9:30						9						
10							10						

WEDNESDAY							THURSDAY						
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2	Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25						6	Lane Swim 6:00-8:25				Cyclefit 6:15-7:00	
7							7						
8	Aqua Jog 8:30-9:15						8	Aqua Jog 8:30-9:15					
9	AquaFit 9:15-10:00	Program 9:00-10:00	20/20/20 9:00-10:00			Active Kids 9:00-10:30	9	AquaFit 9:15-10:00	Program 9:00-10:00	On the Ball 9:00-10:00	Cyclefit 9:00-10:00		Active Kids 9:00-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00	Core Fusion 10:15-11:00				10	Family Swim 10:00-12:00	One Lane 10:00-12:00	Yoga Fitness 10:15-11:15			
11							11						
12	Lane Swim 12:00-1:00						12	Lane Swim 12:00-1:00					
1	Open Swim 1:00-3:30	One Lane 1:00-3:30					1	Open Swim 1:00-2:30	One Lane 1:00-3:30				
2							2	Rentals 2:30-3:30					
3	Lane Swim 3:30-4:30						3	Lane Swim 3:30-4:30					
4	Lessons 4:30-6:30						4	Lessons 4:30-6:30					
5		Sports Blast 5:15-6:00	Cardio Mix 5:30-6:30				5			Body Sculpt 5:30-6:20			
6	Open Swim 6:30-8:15	One Lane 6:30-9:30	Beg. Karate 6:30-7:30		Discovery Club 6:00-7:30	Busy Buds 6:00-7:30	6	AquaFit 6:30-7:15	One Lane 6:30-8:15	Jr. Leaders 6:00-7:30		Discovery Club 6:00-7:30	Busy Buds 6:00-7:30
7					Cyclefit 6:30-7:15		7	Open Swim 7:15-8:15		Adult Vball 8:00-9:30			
8	Adult Lessons 8:15-8:45		Yoga Fitness 7:30-8:30				8	Lane Swim 8:15-9:30			Sr. Leaders 7:30-9:00		
9	Lane Swim 8:45-9:30						9						
10							10						

FRIDAY						
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25					
7						
8	Aqua Jog 8:30-9:15					
9	AquaFit 9:15-10:00	Program 9:00-10:00	Body Sculpt 9:00-10:00			Active Kids 9:00-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00			Cyclefit 10:15-11:00	
11						
12	Lane Swim 12:00-1:00					
1	Open Swim 1:00-3:30	One Lane 1:00-3:30				
2						
3	Lane Swim 3:30-4:30					
4	Lessons 4:30-6:30					
5						
6	Family Swim 6:30-7:30	One Lane 6:30-8:30	Youth Action 6:00-9:00	Youth Action 9:14 yrs \$5		
7	Open Swim 7:30-8:30					
8	Lane Swim 8:30-9:30					
9						
10						

SATURDAY

Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6						
7	Lane Swim 7:00-9:00					
8		Youth Leagues 8:30-5:30		Cyclefit 8:00-8:45		
9	Lessons 9:00-1:00		Instrs Choice 9:00-10:00 Core Fusion 10:15-11:15		Discovery Club 9:00-10:30	Busy Buds 9:00-10:30
10						
11						
12	One Lane 12:00-4:00					
1	Family Swim 1:00-2:00 Open Swim 2:00-4:00					
2						
3						
4	Lane Swim 4:00-5:30					
5						
6						

Swim Lessons

Registration required for all classes except L'il Dippers 1 and Adult Learn to Swim

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
L'il Dippers 1 6mths-5yrs							
Parent Participation		10:15-10:45am				10:00-10:30am	
Splashers & Bubbler	5:30-6:00pm		6:00-6:30pm				
Open Access							
L'il Dippers 2 3-5 years							
Bobbers, Floaters	4:30-5:00pm		4:30-5:00pm	4:30-5:00pm		9:00-9:30am	
Gliders, Divers,					5:00-5:30pm	11:30-12:00am	
Surfers &		5:30-6:00pm			5:30-6:00pm		
Dippers	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm			
Learn to Swim							
Otter, Seal,		4:30-5:00pm		5:00-5:30pm		9:30-10:00am	
Dolphin, Swimmer	5:00-5:30pm		5:30-6:00pm		6:00-6:30pm	10:30-11:00am	
6+ years							
Stars 1-6							
6+ years	5:30-6:00pm	5:00-5:30pm	5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	10:00-10:30am	11:00-11:30am
Adult Learn to Swim							
Open Access	8:15-8:45pm		8:15-8:45pm				

SUNDAY

Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6						
7	Lane Swim 7:00-10:00					
8						
9				Cyclefit 9:00-9:45		
10	Family Swim 10:00-12:00	One Lane 10:00-12:00				
11						
12	Lane Swim 12:00-1:00					
1	Family Swim 1:00-2:00	One Lane 1:00-4:00				
2	Open Swim 2:00-4:00					
3						
4	Lane Swim 4:00-5:30					
5						
6						

OPEN SWIM FEES

Family (any number)	\$10
16+ years	\$10
15 yrs and under	\$ 3
Adult with child under 6 yrs	\$ 3

HOLIDAY POOL SCHEDULE

Lane Swim	7:00 - 10:00am
Family Swim (one lane)	10:00-12:00pm
Lane Swim	12:00 - 1:00pm
Family Swim (one lane)	1:00 - 2:00pm
Open Swim (one lane)	2:00 - 4:00pm
Lane Swim	4:00 - 5:30pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00-11:30am
Monday-Thursday	5:15-7:45pm

Fees	
Hourly fee per child	\$3
Monthly Pass per child	\$40
20 30-Minute Punch Card	\$30

OTHER WAYS TO ACCESS THE YMCA

Youth Day Pass 10-15 yrs	\$3
Friday, Saturday, Sunday and Holidays	
Includes use of open gym, open swim and General Looker Rooms only	
Adult Day Pass 16+ yrs	\$10
Includes use of YMCA facilities, programs and General Locker Room for the day only	

AQUATIC ADMISSION CRITERIA

The YMCA of Niagara is committed to providing a safe and enjoyable aquatic experience. The following age restriction admission criteria for under 10 years of age are based on Public Health requirements. Water slide criteria are based on TSSA requirements.

Under 6 years

- Must be directly supervised by an adult/guardian (min 13 years of age) in the water within arms reach.
- Maximum 2:1 ratio
- All children not fully toilet trained must wear specialty swim diapers or rubber pants

Under 10 years

- If able to successfully demonstrate comfort in the water and complete the facility swim test (2 widths uninterrupted), children may swim independently.
- If not able to successfully complete the facility swim test, children must be accompanied by an adult/guardian (min 13 years) in the water in the same area of the pool.
- Maximum 4:1 ratio

Family Swim

- All swimmers under age 16 must be accompanied in the water by a parent/guardian (min 16 years of age).

- Age restriction criteria apply.

Lane Swim

- Is for swimmers 13 years and older.

Water Slide

- Is available during evening and weekend open swims.
- For safety reasons, sliders must be able to swim 25m unassisted; and be 42" tall to ride in Fort Erie.

Medical Conditions

- All swimmers with a serious medical condition should inform the lifeguard on duty.

Fort Erie E.J. Freeland YMCA September 14 to December 18, 2009