

Schedule at a Glance

Niagara Centre YMCA

310 Woodlawn Road
Welland, ON L3C 7N4
905-735-9622

visit our website www.ymcaofniagara.org

Building Hours

Monday - Friday 5:30am - 10:30pm

Saturday 7:00am - 8:00pm

Sunday & Holidays 7:00am - 6:00pm



Building a healthy community since 1859

YMCA OF NIAGARA

MONDAY									TUESDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30							6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30						
7									7								
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00				8							Gen Stretch 8:30-9:00	
9	AquaFit 9:15-10:00		Active Kids 9:15-10:30	Step 9:15-10:00	Step 9:15-10:00	Cyclefit 9:15-10:00		Active Kids 9:00-10:30	9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Body Sculpt 9:15-10:00	Body Sculpt 9:15-10:00	Cyclefit 9:15-10:00	Active Kids 9:00-10:30	
10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Body Sculpt 10:15-11:00	Body Sculpt 10:15-11:00				10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Cardio Mix 10:15-11:00	Cardio Mix 10:15-11:00			Early Years 10:00-12:00
11	Lane Swim 11:30-1:00						Core Fusion 11:15-12:00		11	Lane Swim 11:30-1:00							
12		Open Swim 12:00-4:30				Exp Cycle 12:00-12:30			12		Open Swim 12:00-1:00		Exp Cardio 12:00-12:30	Exp Cardio 12:00-12:30			Niagara Coll 12:30-4:30
1	Open Swim 1:00-2:00						Cardiac Rehab 2:00-4:00		1	School Prog 1:00-2:00	School Prog 1:00-2:00						
2	AquaFit 2:00-2:45								2	AquaFit 2:00-2:45	Open Swim 2:00-4:30						
3	Lane Swim 3:00-4:15								3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00							4		Lessons 4:30-7:00						
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00	Busy Buds 5:30-7:00	5			Fun Factory 5:00-6:00	Exp Step 5:15-5:45	Exp Step 5:15-5:45		Fun Factory 5:00-6:00	Busy Buds 5:30-7:00
6			Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cyclefit 6:00-6:45	Be Creative 6:00-7:00		6			CATCH 6:00-7:00	Body Sculpt 6:00-6:45	Body Sculpt 6:00-6:45	Cyclefit 6:00-6:45	Fit Kids 6:00-7:00	
7	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	Step 7:00-7:45	Step 7:00-7:45		Games Galore 7:00-8:00		7	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	Cardio Mix 7:00-7:45	Cardio Mix 7:00-7:45	Cyclefit 7:00-7:45	Games Galore 7:00-8:00	
8	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00		8	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00	
9	Lane Swim 8:30-10:00								9	Lane Swim 8:30-10:00							
10									10								

WEDNESDAY									THURSDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Sch/Lane 6:00-7:00	Open Swim 6:00-10:30				Cyclefit 6:15-7:00			6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30						Core Fusion 6:15-7:00
7	Lane Swim 7:00-9:00								7								
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00		Cardiac Rehab 8:00-10:00		8							Gen Stretch 8:30-9:00	Cardiac Rehab 8:00-10:00
9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Cardio Mix 9:15-10:00	Cardio Mix 9:15-10:00	Cyclefit 9:15-10:00		Active Kids 9:00-10:30	9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Body Sculpt 9:15-10:00	Body Sculpt 9:15-10:00	Cyclefit 9:15-10:00	Active Kids 9:00-10:30	
10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Step 10:15-11:00	Step 10:15-11:00				10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Cardio Mix 10:15-11:00	Cardio Mix 10:15-11:00			Early Years 10:00-12:00
11	Lane Swim 11:30-1:00						Yoga Fitness 10:30-12:00		11	Lane Swim 11:30-1:00							Core Fusion 11:15-12:00
12		Open Swim 12:00-4:30				Exp Cycle 12:00-12:30			12		Open Swim 12:00-1:00		Exp Cardio 12:00-12:30	Exp Cardio 12:00-12:30			
1	Open Swim 1:00-2:00						Cardiac Rehab 2:00-4:00		1	School Prog 1:00-2:00	School Prog 1:00-2:00						
2	AquaFit 2:00-2:45								2	AquaFit 2:00-2:45	Open Swim 2:00-4:30						
3	Lane Swim 3:00-4:15								3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00							4		Lessons 4:30-7:00					Sr. Leader 5:00-6:30(B) Jr. Leader 6:00-7:30(B)	
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00	Busy Buds 5:30-7:00	5			Fun Factory 5:00-6:00	Exp Step 5:15-5:45	Exp Step 5:15-5:45		Fun Factory 5:00-6:00 (A)	Busy Buds 5:30-7:00
6			Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cyclefit 6:00-6:45	Be Creative 6:00-7:00		6			Fit Kids 6:00-7:00	Body Sculpt 6:00-6:45	Body Sculpt 6:00-6:45	Cyclefit 6:00-6:45	Be Creative 6:00-7:00 (A)	
7	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	Step 7:00-7:45	Step 7:00-7:45		Games Galore 7:00-8:00		7	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	BoxFit 7:00-7:45	BoxFit 7:00-7:45	Cyclefit 7:00-7:45	Games Galore 7:00-8:00 (A)	
8	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Core Fusion 8:00-8:45		8	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00	
9	Lane Swim 8:30-10:00	Adult Open 8:15-10:00							9	Lane Swim 8:30-10:00			Adult Vball 9:00-10:30	Adult Vball 9:00-10:30			
10									10								

FRIDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Lane/Sch 6:00-7:00	Open Swim 6:00-10:30						Core Fusion 6:15-7:00
7	Lane Swim 7:00-9:00							
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00			Cardiac Rehab 8:00-10:00
9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Step 9:15-10:00	Step 9:15-10:00	Cyclefit 9:15-10:00	Active Kids 9:00-10:30	Active Kids 9:00-10:30
10	Open Swim 10:00-11:15	Open Swim 10:30-12:00		Body Sculpt 10:15-11:00	Body Sculpt 10:15-11:00			Early Years 10:00-12:00
11	Lane Swim 11:30-1:00							Core Fusion 11:15-12:00
12		Open Swim 12:00-4:30						
1	Open Swim 1:00-2:00							
2	AquaFit 2:00-2:45							
3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00						
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00 (A)	Busy Buds 5:30-7:00
6			Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cyclefit 6:00-6:45	Be Creative 6:00-7:00 (A)	Youth Action 6:00-9:00
7	Open Swim 7:00-8:45	Open Swim 7:00-8:45	Games Galore 8:00-10:30	Step 8:00-10:30	Step 8:00-10:30		Games Galore 8:00-10:30 (A)	Youth Action 6:00-9:00
8	AquaFit 7:30-8:15	Adult Swim 8:45-10:00	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00	Jr. Youth Act 6:00-8:00
9	Lane Swim 9:00-10:00							Youth Fit 10-12 yrs 6:30-7:15
10								Youth Action Jr. Youth Act 6:00-8:00

SATURDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7								
8	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
9	Lessons 9:00-11:30	Lessons 9:00-11:30	Active Kids 9:00-10:30	Step 9:15-10:15	Step 9:15-10:15	Cyclefit 9:15-10:00	Discovery Club 9:00-11:30	Active Kids 9:00-10:30
10				Exp Strength 10:30-11:00	Exp Strength 10:30-11:00			
11	Lane Swim 11:30-1:00	Open Swim 11:30-2:30						
12	Open Swim 1:00-2:30							
1	Family Swim 2:30-4:30	Family Swim 2:30-4:30						
2	Open Swim 4:30-6:30	Open Swim 4:30-7:30						
3	Lane Swim 6:30-7:30							
4								
5								
6								
7								
8								

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 6mth-3yrs							
Parent Participation		10:30-11:00		10:30-11:00		9:00-9:30	
Splashes & Bubblers	5:00-5:30	6:00-6:30	4:30-5:00	6:30-7:00	5:00-5:30		
Open Access							
L'il Dippers 2 3-5 years							
Bobbers, Floaters & Gliders	10:30-11:00	11:00-11:30	11:00-11:30	11:00-11:30	10:30-11:00		
Divers, Surfers & Dippers	11:30-12:00		11:30-12:00	11:30-12:00	11:30-12:00		
Bobbers, Floaters, Gliders, Surfers & Dippers	11:30-12:00		10:30-11:00		11:00-11:30		
Bobbers, Floaters, Gliders, Divers, Surfers & Dippers	4:30-5:00	5:00-5:30	4:30-5:00	4:30-5:00	4:30-5:00	9:00-9:30	
	5:30-6:00	6:00-6:30	5:30-6:00	5:30-6:00	5:30-6:00	10:30-11:00	
			6:00-6:30	6:30-7:00	6:00-6:30		
Otter, Seal, Dolphin, Swimmer Stars 1-6 6 years+	5:00-5:30	4:30-5:00	5:00-5:30	5:00-5:30	5:00-5:30	9:30-10:00	
	6:00-6:30	5:30-6:00	6:30-7:00	6:00-6:30	6:30-7:00	10:00-10:30	
	6:30-7:00	6:30-7:00				11:00-11:30	
Adult Learn to Swim		11:30-12:00					
Open Access							

SUNDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7								
8	Lane Swim 7:30-9:00	Open Swim 7:30-1:00						
9	AquaFit 9:15-10:00					Cyclefit 9:15-10:15		
10	Open Swim 10:00-11:30		Cardio Mix 10:15-10:45	Cardio Mix 10:15-10:45				
11	Lane Swim 11:30-1:00		Exp Strength 10:45-11:15	Exp Strength 10:45-11:15				
12	Family Swim 1:00-2:00	Family Swim 1:00-2:00						
1	Open Swim 2:00-2:45	Open Swim 2:00-5:30						
2	Lane Swim 3:00-4:15							
3	Enrichment 4:30-6:00							
4								
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	7:30 - 9:15am
Open Swim	9:15 - 11:30am
Lane Swim	11:30 - 1:00pm
Family Swim	1:00 - 2:30pm
Open Swim	2:30 - 4:30pm
Lane Swim	4:30 - 5:30pm
Leisure Pool (open)	7:30 - 5:30 pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00am - 12:00pm
Monday-Thursday	5:00 - 8:00pm

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 Locker 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.

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.

Medical Conditions

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