

SATURDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7	Lane Swim							
8	7:30-8:45	Open Swim 8:00-9:00						
9	Lessons 9:00-11:30	Lessons 9:00-11:30	Saturday Morning Club 9:00-10:45	Step Body Sculpt 9:15-10:00	Step Body Sculpt 9:15-10:00	Cyclefit 9:15-10:15	Saturday Morning Club 9:00-11:00	Active Kids 9:00-10:30
10			Family Bounce 10:15-11:00					
11	Lane Swim 11:45-1:15	Open Swim 11:30-2:30						
1	Open Swim 1:30-2:30		Birth Party 12:30-3:30					Birth Party 12:30-3:30
2	Family Swim 2:30-4:30	Family Swim 2:30-4:30						
3								
4	Open Swim 4:30-6:15	Open Swim 4:30-7:00						
5	Lane Swim 6:30-7:30							
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 Splashers & Bubblers Open Access	5:00-5:30	10:30-11:00 6:00-6:30	4:30-5:00	10:30-11:00 6:30-7:00	5:00-5:30	9:00-9:30	
L'il Dippers 2 3-5 years Bobbars, Floaters & Gliders		11:00-11:30	11:00-11:30 11:30-12:00	11:00-11:30 11:30-12:00			
Divers, Surfers & Dippers			10:30-11:00 1:30-2:00				
Bobbars, Floaters, Gliders, Divers, Surfers & Dippers	4:30-5:00 5:30-6:00	5:00-5:30 6:00-6:30	4:30-5:00 5:30-6:00 6:00-6:30	4:30-5:00 5:30-6:00 6:30-7:00	4:30-5:00 5:30-6:00 6:00-6:30	9:00-9:30 10:30-11:00	
Otter, Seal, Dolphin, Swimmer Stars 1-6 6 years+	5:00-5:30 6:00-6:30 6:30-7:00	4:30-5:00 5:30-6:00 6:30-7:00	5:00-5:30 6:30-7:00	5:00-5:30 6:00-6:30	5:00-5:30 6:30-7:00	9:30-10:00 10:00-10:30 11:00-11:30	
Adult Learn to Swim		11:30-12:00		8:30-9:00pm			
Teen Learn to Swim 13+ yrs Open Access			5:30-6:00				

SUNDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7	Lane Swim							
8	7:30-9:00	Open Swim 8:00-1:00						
9	Aquafit 9:15-10:00					Cyclefit 9:15-10:15		
10	Open Swim 10:00-11:15		Cardio Mix 10:15-11:00	Cardio Mix 10:15-11:00				
11	Lane Swim 11:30-12:45							
1	Family Swim 1:00-2:00	Family Swim 1:00-2:00	Birth Party 12:30-3:30					Birth Party 12:30-3:30
2	Open Swim 2:00-2:45	Open Swim 2:00-5:00						
3	Lane Swim 3:00-4:00							
4	Certification Courses 4:00-6:00							
5								
6								

LEGEND

- Preschool (3-5 yrs)
- Youth (6 yrs +)
- Adult Group Fitness

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 Pool		Leisure Pool	
Lane Swim	7:30-10:00am	Open Swim	8:00-10:00am
Family Swim	10:00-11:45am	Family Swim	10:00am-1:00pm
Lane Swim	12:00-12:45pm	Open Swim	1:00-3:00pm
Open Swim	1:00-3:00pm	Family Swim	3:00-4:00pm
Family Swim	3:00-3:45pm	Open Adult	4:00-5:00pm
Lane Swim	4:00-5:00pm		

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00am - 12:00pm
Monday-Thursday	5:30 - 8:00pm
*hours may change over holidays/school breaks	
Fees	
Hourly fee per child	\$3
Monthly Pass per child	\$40
20 30-Minute Punch Card	\$30
Family Play Time	
Monday - Friday	4:30-5:15
Parent Participation mandatory	

OTHER WAYS TO ACCESS THE YMCA

Youth Day Pass 10-15 yrs	\$5
Friday, Saturday, Sunday and Statutory 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	
Photo ID required.	

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.

Niagara Centre YMCA January 9 - April 29, 2012