

Schedule at a Glance

MONDAY									TUESDAY									
Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multise B & C	Multise F	Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multise B & C	Multise F	
6	2 Lane 6:00-7:00 Lane Swim 7:00-9:15	Open Swim 6:00-12:55				Cyclefit 6:00-6:45			6	Swim Team 6:00-7:00 Lane Swim 7:00-9:15	Open Swim 6:00-12:55			Step 6:00-6:45 Abs Blast 6:45-7:00				
7									7									
8									8									
9			Active Kids 9:00-10:30	Early Years 9:00-11:45	Athletic Hour 9:15-10:15			Active Kids 9:00-10:30	9			Early Years 9:00-12:30		Body Sculpt 9:15-10:15				
10	Aquafit 9:30-10:15 Lane Swim 10:30-12:55					Cyclefit 9:30-10:15			10	Aquafit 9:30-10:15 Lane Swim 10:30-12:55					Cyclefit 9:30-10:15 Gentle Cycle 10:45-11:15			
11			Adult Bball 12:00-2:00	Adult Bball 12:00-2:00					11						Cyclefit 12:15-12:45			
12									12									
1	Open Swim 1:00-2:25	Open Swim 1:00-4:15				Gentle Fit 1:15-2:00			1	Rental 1:00-2:30	Open Swim 1:00-2:25	Active Kids 1:00-2:00					Active Kids 1:00-2:30	
2									2									
3	Aqua In Mod 2:30-3:15 Lane Swim 3:30-4:15 Lessons 4:30-7:00								3	Lane Swim 2:30-4:15	Open Swim 2:30-4:15							
4									4									
5		Lessons 4:30-7:00	Active Kids 5:15-6:15 Youth Open 6:30-8:00	Games Galore 5:15-6:15 Super Sports 6:15-7:00 Youth Sports 7:00-7:45	Box Fit 5:30-6:15 Step 6:15-7:00 Abs Blast 7:15-7:30	Cyclefit 5:30-6:15 Yoga Fitness 6:15-7:15 D/E Get Connect 6:15-7:00 Fun Factory 7:00-7:45	Active Kids 5:15-7:15		5	Lessons 4:30-7:00	Lessons 4:30-7:00	Active Kids 5:15-6:15 Youth Open 6:15-6:45 Karate 7:00-7:45	Games Galore 5:15-6:15 Youth Bball 6:15-7:00 Karate 7:00-7:45	Cardio Mix 5:30-6:15 Core Fusion 6:30-7:15	Cyclefit 5:00-5:45 Learn to Cycle 6:00-6:30 Cyclefit 6:45-7:30	Creative 6:15-7:00 Fun Factory 7:00-7:45	Active Kids 5:15-7:15	
6	Open Swim 7:00-7:30 Aquafit 7:30-8:15 Lane Swim 8:30-10:00	Open Swim 7:00-8:30							6	Adult/Teen Lessons 7:30-8:15 Aquafit 7:30-8:15 Lane Swim 8:30-10:00	Open Swim 7:00-8:30	Adult Open 7:45-8:30 Adult Bball 8:30-10:30	Games Galore 7:45-8:30 Karate 8:30-10:30	Adult Karate 8:30-10:00				
7									7									
8									8									
9									9									
10									10									

Niagara Falls YMCA
 MacBain Community Centre
 7150 Montrose Road, Niagara Falls, ON L2H 3N3
 905-358-9622
 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

WEDNESDAY									THURSDAY									FRIDAY									
Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multise B & C	Multise F	Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multise B & C	Multise F	Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multise B & C	Multise F	
6	2 Lanes 6:00-7:00 Lane Swim 7:00-9:15	Open Swim 6:00-12:55				Cyclefit 6:00-6:45			6	Swim Team 6:00-7:00 Lane Swim 7:00-9:15	Open Swim 6:00-12:55			Body Sculpt 6:00-6:45 Abs Blast 6:45-7:00				6	2 Lanes 6:00-7:00 Lane Swim 7:00-9:15	Open Swim 6:00-12:55					Cyclefit 6:00-6:45		
7									7										7								
8									8										8								
9			Active Kids 9:00-10:30		Step 9:15-10:00			Active Kids 9:00-10:30	9			Early Years 9:00-12:30		Yoga Fitness 9:15-10:15					9			Active Kids 9:00-10:30		Step 9:15-10:00	Cyclefit 9:30-10:15		Active Kids 9:00-10:30
10	Aquafit 9:30-10:15 Lane Swim 10:30-12:55				Exp Strength 10:00-10:30 Gentle Fit 10:45-11:30				10	Aquafit 9:30-10:15 Lane Swim 10:30-12:55					Cyclefit 9:30-10:15				10	Aquafit 9:30-10:15 Lane Swim 10:30-12:55				Exp Strength 10:00-10:30 Gentle Fit 10:45-11:30			
11			Adult Bball 12:00-2:00	Adult Bball 12:00-2:00					11										11			Adult Bball 12:00-2:00	Adult Bball 12:00-2:00				
12									12										12								
1	Open Swim 1:00-1:45 Rental 1:45-2:30	Open Swim 1:00-2:25							1	Rental 1:00-2:30	Open Swim 1:00-2:25	Active Kids 1:00-2:00							1	Rental 1:00-2:25	Rental 1:00-2:25						
2									2										2								
3	Aqua In Mod 2:30-3:15 Lane Swim 3:30-4:15 Lessons 4:30-7:00								3	Lane Swim 2:30-4:15	Open Swim 2:30-4:15								3	Aqua In Mod 2:30-3:15 Lane Swim 3:30-4:15 Lessons 4:30-6:00	Open Swim 2:30-4:15						
4					Learn to Step 4:45-5:15 Step 5:30-6:15				4										4								
5		Lessons 4:30-7:00	Active Kids 5:15-6:15 Youth Open 6:30-8:00	Games Galore 5:15-6:15 Super Sports 6:15-7:00 Youth Sports 7:00-7:45	5:30-6:15 Abs Blast 6:15-6:30 On the Ball 6:45-7:30	Cyclefit 5:30-6:15 Yoga Fitness 6:15-7:15 D/E Kids Fit 6:15-7:00 Fun Factory 7:00-7:45	Active Kids 5:15-7:15		5	Lessons 4:30-8:00	Lessons 4:30-7:00	Active Kids 5:15-6:15 Jr. Leaders 6:15-7:00 Karate 7:00-7:45	Games Galore 5:15-6:15 Floor Hockey 6:15-7:00 Karate 7:00-7:45	Body Sculpt 5:30-6:15 Cardio Mix 6:30-7:15 Sr. Leaders 7:15-8:00	Cyclefit 5:00-5:45 Cyclefit 6:00-6:45	Jr. Leader 5:30-6:15 D/E Creative 6:15-7:00 Fun Factory 7:00-7:45	Active Kids 5:15-7:15		5	Lessons 4:30-6:00	Lessons 4:30-6:00						
6	Open Swim 7:00-7:30 Aquafit 7:30-8:15 Lane Swim 8:30-10:00	Open Swim 7:00-8:30							6			Open Swim 7:00-8:30							6	Open Swim 6:00-7:00 Open Swim 7:00-9:00 Lane Swim 9:00-10:00	Open Swim 6:00-7:00 Open Swim 7:00-9:00 Adult Soccer 9:00-10:00		Youth Action 6:00-9:00 9-14 yrs \$5	Youth Action 6:00-9:00		Youth Action 6:00-9:00 6-8 yrs	
7									7										7								
8									8										8								
9									9										9								
10									10										10								

SATURDAY

Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multiuse B & C	Multiuse F
7								
8	Lane Swim 7:30-8:45	Open Swim 7:30-8:45						
9	Lessons 9:00-12:00	Lessons 9:00-12:00	Early Years 9:00-1:00	Games Galore 9:00-9:45 Super Sports 9:45-10:30	Athletic Hour 9:15-10:15	Cyclefit 9:30-10:15 Cyclefit 10:30-11:15	Get Connect 9:45-10:30	Active Kids 9:00-10:30
10								
11								
12	Lane Swim 12:05-12:55 Open Swim 1:00-4:30	Open Swim 12:05-12:55 Open Swim 1:00-4:30		BD Parties 12:00-1:30	BD Parties 12:00-1:30		BD Parties 12:00-3:30	
1								
2				Karate 2:00-2:45	Karate 2:00-2:45			
3				Karate 2:45-3:30	Karate 2:45-3:30			
4				Adult Karate 3:30-5:00	Adult Karate 3:30-5:00			
5	Family Swim 4:30-6:00	Family Swim 4:30-6:00						
6	Lane Swim 6:00-7:30	Adult Open 6:00-7:30						
7								
8								

Swim Lessons

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
L'il Dippers 1							
Parent Participation	5:00-5:30		6:00-6:30	4:30-5:00		9:00-9:30	10:00-10:30
6 mth-3 yrs						11:30-12:00	
Open Access							
L'il Dippers 2							
3-5 years	5:00-5:30	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	9:00-9:30	9:30-10:00
	5:30-6:00	5:30-6:00	5:30-6:00	5:00-5:30		10:00-10:30	10:00-10:30
			6:00-6:30	6:30-7:00		11:00-11:30	11:30-12:00
						11:30-12:00	
Otter, Seal,	4:30-5:00	5:00-5:30	5:00-5:30	5:30-6:00	5:00-5:30	9:30-10:00	10:30-11:00
Dolphin, Swimmer	6:00-6:30	6:00-6:30	6:30-7:00	6:00-6:30	5:30-6:00	10:30-11:00	11:00-11:30
Stars 1-6 6+ yrs	6:30-7:00	6:30-7:00					
Teen Learn to Swim							
13+ years Open Access		7:00-7:30					
Adult Learn to Swim							
Open Access		7:00-7:30					

SUNDAY

Time	25 Metre Pool	Leisure Pool *	Gym 1	Gym 2	Gym 3	Studio	Multiuse B & C	Multiuse F
7								
8	Lane Swim 7:30-9:15	Open Swim 7:30-9:15						
9	Lessons 9:30-12:00	Lessons 9:30-12:00	Family Gym 9:00-12:00		Step 9:15-10:00 Abs Blast 10:00-10:15 Family Yoga 10:30-11:15	Cyclefit 9:30-10:15		
10								
11								
12	Lane Swim 12:05-12:55 Open Swim 1:00-2:30	Open Swim 12:05-12:55 Open Swim 1:00-2:30		BD Parties 12:00-1:30	BD Parties 12:00-1:30		BD Parties 12:00-3:30	
1								
2	Family Swim 2:30-4:00	Family Swim 2:30-4:00						
3								
4	Lane Swim 4:00-5:00	Adult Open 4:00-5:00						
5								
6								

* The Cares Foundation of Niagara Fallsview Casino Resort and Casino Niagara Leisure Pool

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 - 10:00am
Open Swim	10:00 - 12:00am
Lane Swim	12:00 - 1:00pm
Family Swim	1:00 - 2:00pm
Open Swim	2:00 - 4:00pm
Lane Swim	4:00 - 5:00pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00am-12:00pm
Tuesday & Thursday	1:00-3:00pm
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 open and family swims.

- For safety reasons, sliders must be able to swim 25m unassisted; and be 48" tall to ride.

Medical Conditions

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

Niagara Falls YMCA September 14 to December 18, 2009