

# Schedule at a Glance

**St. Catharines Walker Family YMCA**  
 25 YMCA Drive  
 St. Catharines, ON L2N 7P9  
 905-934-9622  
 visit our website [www.ymcaofniagara.org](http://www.ymcaofniagara.org)

**Building Hours**  
 Monday - Friday 5:15am - 11:00pm  
 Saturday 7:00am - 9:00pm  
 Sunday & Holidays 7:00am - 6:00pm



MONDAY							TUESDAY								
Time	Pool	Multiuse ABC	Multiuse DE Childcare	West Gym	East Gym	Studio	Mezz	Time	Pool	Multiuse ABC	Multiuse DE Childcare	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 5:30-6:15		6	Lane Swim 6:00-9:00					Cyclefit 6:00-6:45	
7								7							
8								8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-9:30		Active Kids 3-5yrs 9:30-10:30	Cardio Blast 9:15-10:00	Cyclefit 9:30-10:15		9	Aqua Zumba 9:10-9:55	Active Kids 3-5yrs 9:00-9:30		Active Kids 3-5yrs 9:30-10:30	Step 9:15-10:00		
10	Family Swim Two Lanes 10:15-11:15 10:15-12:00				Exp Strength 10:00-10:30			10	Lessons Two Lanes 10:00-11:30 10:00-12:00				Exp Strength 10:00-10:30		
11	Aquafit Mod 11:15-12:00				Gentle Fit 10:45-11:30			11	Family Swim 11:30-12:00			Family Bounce 11:15-11:45	Zumba 10:45-11:30		
12	Lane Swim 12:00-12:55				Zumba (Exp) 12:10-12:45			12	Lane Swim 12:00-12:55					Cyclefit 12:10-12:45	
1	Open Swim Two Lanes 1:00-2:10 1:00-2:10				Active Kids 3-5yrs 1:00-2:00			1	Open Swim Swim to Survive 1:00-2:10 1:00-2:10	Yoga Fit 1:10-1:55			Active Kids 3-5yrs 1:00-2:00		
2	Aquafit Mod 2:15-3:00							2	Aquafit Mod One Lane 2:15-3:00						
3	Lane Swim 3:00-4:25							3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55 4:30-7:00	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	Learn to Step 5:15-5:30			4	Two Lanes Lessons 4:30-4:55 4:30-7:00	Fun Factory 6-12 yrs 5:15-6:00				Body Sculpt 5:30-6:30	Cyclefit 5:30-6:30
5								5							
6	Open Swim 7:00-7:25	Games Galore 6:00-7:00	Busy Buds 6:15-7:45 CC	Floor Hockey 9-12 yrs 6:00-7:00	Learn to Step 5:30-6:15	Cyclefit 6:30-7:30		6	Open Swim 7:00-7:25	Games Galore 6:00-7:00				Cardio Mix 6:45-7:45	Yoga Fit 6:30-7:15
7	Aquafit Two Lanes 7:30-8:15 7:30-8:15				Abs Blast 6:15-6:30			7	Lessons 7:30-8:00						
8	Lane Swim 8:15-10:30	Yoga Fit 8:10-8:55		Adult Bball 9:00-11:00	Adult Bball 9:00-11:00			8	Aquafit Two Lanes 8:05-8:50 8:05-8:50						
9								9	Lane Swim 8:50-10:30				Adult Bball 9:00-11:00	Adult Bball 9:00-11:00	
10								10							

WEDNESDAY							THURSDAY								
Time	Pool	Multiuse ABC	Multiuse DE Childcare	West Gym	East Gym	Studio	Mezz	Time	Pool	Multiuse ABC	Multiuse DE Childcare	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 5:30-6:15		6	Lane Swim 6:00-9:00					Cyclefit 6:00-6:45	
7					On the Ball 7:00-7:45			7							
8								8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-9:30		Active Kids 3-5yrs 9:30-10:30	Zumba (Learn to) 9:00-9:15	Cyclefit 9:30-10:15		9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-9:30		Active Kids 3-5yrs 9:30-10:30	Learn to Step 9:00-9:15	Learn to Cycle 9:30-10:00	
10	Family Swim Two Lanes 10:15-11:15 10:15-12:00				Zumba 9:15-10:15			10	Lessons Two Lanes 10:00-11:30 10:00-12:00				Exp Strength 10:00-10:30		
11	Aquafit Mod 11:15-12:00				Abs Blast 10:15-10:30			11	Family Swim 11:30-12:00						
12	Lane Swim 12:00-12:55				Gentle Fit 10:45-11:30			12	Lane Swim 12:00-12:55					Cyclefit 12:10-12:45	
1	Open Swim Two Lanes 1:00-2:10 1:00-2:10				Zumba (Exp) 12:10-12:45			1	Open Swim Swim to Survive 1:00-2:10 1:00-2:10	Yoga Fit 1:10-1:55			Active Kids 3-5yrs 1:00-2:00		
2	Aquafit Mod 2:15-3:00				Active Kids 3-5yrs 1:00-2:00			2	Aqua Zumba One Lane 2:15-3:00						
3	Lane Swim 3:00-4:25							3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55 4:30-7:00	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	On the Ball 5:45-6:30	Cyclefit 5:30-6:15		4	Two Lanes Lessons 4:30-4:55 4:30-7:00	Fun Factory 6-12 yrs 5:15-6:00					
5								5							
6	Open Swim 7:00-7:25	CATCH 6:00-7:00	Busy Buds 6:15-7:45 CC	Volleyball 9-12 yrs 6:00-7:00	On the Ball 5:45-6:30	Cyclefit 6:30-7:30		6	Open Swim 7:00-7:25	Games Galore 6:00-7:00				Cyclefit 5:30-6:15	
7	Aquafit Two Lanes 7:30-8:15 7:30-8:15				Jr. Leaders 6:30-8:00			7	Lessons Three Lanes 7:30-10:30						
8	Lessons Three Lanes 8:15-9:00				6-8 yrs 6:00-7:00			8	Lane Swim 8:50-10:30						
9	Lane Swim 9:00-10:30	Adult Jiu Jitsu 8:15-10:15		Adult Vball 9:00-11:00	Adult Vball 9:00-11:00			9							
10								10							

FRIDAY							
Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 5:30-6:15	
7							
8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-9:30		Active Kids 3-5yrs 9:30-10:30	Power Circuit 9:15-10:00	Cyclefit 9:30-10:15	
10	Family Swim Two Lanes 10:15-11:15 10:15-12:00				Exp Strength 10:00-10:30		
11	Aquafit Mod 11:15-12:00				Zumba (Gentle) 10:45-11:30		
12	Lane Swim 12:00-12:55						Service 12:15-12:45 Chapel
1	Open Swim Two Lanes 1:00-2:10 1:00-2:10				Active Kids 3-5yrs 1:00-2:00		
2	Aquafit Mod 2:15-3:00						
3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55 4:30-7:00	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	On the Ball 5:45-6:30	Cyclefit 5:30-6:15	
5							
6	Open Swim 7:00-7:25	CATCH 6:00-7:00	Busy Buds 6:15-7:45 CC	Volleyball 9-12 yrs 6:00-7:00	On the Ball 5:45-6:30	Cyclefit 6:30-7:30	
7	Aquafit Two Lanes 7:30-8:15 7:30-8:15				Jr. Leaders 6:30-8:00		
8	Lessons Three Lanes 8:15-9:00				6-8 yrs 6:00-7:00		
9	Lane Swim 9:00-10:30	Adult Jiu Jitsu 8:15-10:15		Adult Vball 9:00-11:00	Adult Vball 9:00-11:00		
10							

# SATURDAY

Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
7	Lane Swim 7:30-8:55						
8				Active Kids 3-5 yrs 9:00-10:00		Cyclefit 8:30-9:45	
9	Lessons 9:00-10:30			Super Sports 9:15-10:00			Active Kids 3-5 yrs 10:00-11:00
10	Open Swim Two Lanes 10:30-11:00 10:30-11:00	6-12 yrs 9:00-12:00	6-8 yrs 10:00-11:00	9-12 yrs 10:00-11:00	Exp Strength 10:00-10:30	Cyclefit 10:00-11:00	Childcare
11	Lessons 11:00-12:00		Be Creative 9-12 yrs 11:00-12:00	Super Sports 6-8 yrs 11:00-12:00	Zumba 11:00-12:00		
12	Lane Swim 12:00-12:55						Youth Fit 12:30-1:00
1	Family Swim 1:00-2:30						
2	Open Swim 2:30-4:00						
3							
4	Lessons 4:00-5:30						
5	Open Swim 5:30-6:30						
6	Family Swim 5:30-7:30						
7							
8	Lane Swim 7:30-8:30						

# 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
<b>L'il Dippers 1</b> 6 mths-5 yrs Parent Participation Splashers & Bubbler Open Access	6:00-6:30	10:00-10:30	4:30-5:00	11:00-11:30 5:30-6:00		10:00-10:30	10:30-11:00
<b>L'il Dippers 2</b> 3-5 years Bobbles, Floaters Gliders, Divers, Surfers & Dippers	4:30-5:00 5:30-6:00 6:00-6:30	10:30-11:00 11:00-11:30 4:30-5:00 4:30-5:00 6:00-6:30 6:30-7:00	4:30-5:00 5:30-6:00 6:30-7:00	4:30-5:00 4:30-5:00 5:30-6:00 6:00-6:30	4:30-5:00 6:00-6:30	9:00-9:30 11:30-12:00	10:30-11:00 11:30-12:00
<b>Otter, Seal, Dolphin, Swimmer Stars 1-6</b> 6 years+	5:00-5:30 6:30-7:00	5:00-5:30 5:30-6:00 7:30-8:00	5:00-5:30 6:00-6:30	5:00-5:30 6:30-7:00 7:30-8:00	5:00-5:30 5:30-6:00 6:30-7:00	9:30-10:00 10:00-10:30 11:00-11:30	10:00-10:30 11:00-11:30
<b>Teen Learn to Swim</b> 13+ years Open Access			8:15-8:45pm	6:00-6:30pm			
<b>Adult Learn to Swim</b> Open Access		10:00-10:30am	8:15-8:45pm	11:00-11:30am			

# SUNDAY

Time	Pool	Multiuse ABC	Childcare	West Gym	East Gym	Studio	Mezz
7	Lane Swim 7:30-9:00						
9	Aquafit* Two Lanes 9:10-9:55 9:10-9:55		Busy Buds 3-5 yrs 9:00-10:30	Super Sports 6-12 yrs 9:00-10:30	Step 9:15-10:00 Exp Strength 10:00-10:30	Cyclefit 9:30-10:30	
10	Lessons 10:00-12:00						
11		Family Yoga 11:15-11:45		Family Time 10:45-11:30			
12	Lane Swim 12:00-12:55						
1	Family Swim 1:00-2:00				Zumba (Family) 1:15-2:00		
2	Open Swim 2:00-3:30						
3							
4	Lessons Two Lanes 3:30-5:30 3:30-5:30						
5							
6							

\* Aqua Zumba every other Sunday

## 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
Family Swim - 2 Lanes	10:00 - 12:00am
Lane Swim	12:00 - 12:55am
Open Swim	1:00 - 3:00pm
Family Swim	3:00 - 4:00pm
Lane Swim	4:00 - 5:30pm

## PLAY CENTRE SCHEDULE

Hours of Operation	
Monday - Sunday	9:00am - 12:00pm
Tuesday & Thursday	1:00 - 3:00pm
Monday - Thursday	5:15 - 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

<b>Youth Day Pass</b> 10-15 yrs	\$5
Friday, Saturday, Sunday and Statutory Holidays	
Includes use of open gym, open swim and General Locker Rooms only	
<b>Adult Day Pass</b> 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.