Fort Erie E.J. Freeland YMCA SUMMER SCHEDULE

July 2, 2018 - September 9, 2018

MONDAY

T	U	E	S	D	A	Y	

|--|

6:00 am 6:30 am

7:00 am 7:30 am 8:00 am

11:30 am 12:00 pm Lane Swim 12:30 pm 12:00-1:00 1:00 pm Camp/Open Swim 1:30 pm 1:00-2:00 1:30 pm 2:00 pm

2:30 pm

3:00 pm 3:30 pm

4:00 pm 4:30 pm

5:00 pm

5:30 pm

6:00 pm 6:30 pm

8:00 pm

10:00 pm

Pool

Lane Swim 6:00-8:25

9:30 am 9:15-10:00

10:00 am 10:30 am 11:00 am 11:00 am 10:00-12:00 0:00-12:00

Open Swim

Lane Swim 3:30-4:25

Lessons (R) 4:30-6:30

7:00 pm Open Swim One Lane 7:30 pm 6:30-8:15 6:30-8:15

8:30 pm Lane Adult/Teen 9:00 pm Swim Learn to Swim 9:30 pm 8:15-9:15 8:15-8:45

2:00-3:15

8:30 am Aquafit 8:30-9:15 Active Kids (3-5vrs) 9:00 am Aquafit Moderation Super Sports (6-12yrs)

DAY

Gym

9:00-10:00

Pickleball

10.00-12.00

Camp Gym 2:30-3:30

Family Track+ 4:00-5:15

Family Bounce 4:45-5:15

Active Kids (3-5yrs)

5:30-6:30

Super Sports 6-12yrs) 6:30-7:30 **Studios**

Group Power 9:15-10:15

Yoga (upstairs) 10:30-11:30

Yoga (upstairs) 5:30-6:30

Barre 6:15-7:00

Cyclefit 5:30-6:15

Fun Factory (6-12yrs) 5:30-6:30

Main Floor Multi-Use

Busy Buds (3-5yrs

Fun Factory (6-12yr 10:00-10:30

	Pool		Gym Studios			Main Floo	r Multi-Use
				1	2	1	2
6:00 am 6:30 am 7:00 am 7:30 am 8:00 am	Lane Swim 6:00-8:25						
8:30 am 9:00 am 9:30 am	Aquafit 8 Aquafit M 9:15-	oderation	Active Kids (3-5yrs) Super Sports (6-12yrs) 9:00-10:00	Cardio Mix 9:05-10:05			Busy Buds (3-5yrs)
11.00		One Lane 10:00-12:00	Pickleball 10:00-12:00	Gentle Fit 10:15-11:00			Fun Factory (6-12yrs) 10:00-10:30
12:00 pm 12:30 pm	Lane Swim 12:00-1:00						
1:00 pm 1:30 pm	Camp/Op 1:00-						
2:00 pm 2:30 pm 3:00 pm	Open 2:00-		Camp Gym 2:30-3:30				
3:30 pm 4:00 pm	Lane 3:30-		Family Track+				
4:30 pm 5:00 pm	امدده	nc (R)	4:00-5:15				
5:30 pm 6:00 pm	4:30-7:00		Active Kids (3-5yrs) 5:30-6:30	Group Power® 5:30-6:30		Fun Factory (6-12yrs) 5:30-6:30	
7:30 pm	Open Swim 7:00-8:15 7:00-8:15		Super Sports (6-12yrs) 6:30-7:30				Busy Buds (3-5yrs) 6:30-7:30
8:00 pm 8:30 pm 9:00 pm 9:30 pm	Lane Swim 8:15-9:15						
10:00 pm							

FRIDAY

	Po	ol	Gym	Studios		Main Floor	Multi-Use
				1	2	1	2
6:00 am							
6:30 am	Lana	Swim					
7:00 am		-8:25					
7:30 am	0.00	0.25					
8:00 am							
8:30 am		8:30-9:15					
9:00 am		oderation		Strength			
9:30 am	9:15-	10:00		9:15-10:00			
10:00 am	0			Gentle Fit			
10:30 am	(no clido)	One Lane	Pickleball	10:15-11:00			
l 1:00 am	10:00-12:00	10:00-12:00	10:00-12:00				
l 1:30 am							
2:00 pm		Swim					
2:30 pm	12:00-1:00 Camp/Open Swim 1:00-2:00						
1:00 pm							
1:30 pm							
2:00 pm	0	C					
2:30 pm		Swim -3:15	Camp Gym				
3:00 pm	2.00	5.15	2:30-3:30				
3:30 pm		Swim					
4:00 pm	3:30	-4:25	Fearily Treats				
4:30 pm			Family Track+ 4:00-5:15				
5:00 pm	1	(D)	4.00 5.15				
5:30 pm		ons (R) -7:00					
6:00 pm	ч.J0	7.00					
6:30 pm							
7:00 pm							
7:30 pm		One Lane					
8:00 pm	1 7:00-8:15 1						
8:30 pm							
9:00 pm							
9:30 pm	8:15	-9:15					
0:00 pm							

listed on the schedule.

	Pool		Gym	ym Studios		Main Floo	r Multi-Use
				1	2	1	2
6:00 am 6:30 am 7:00 am 7:30 am 8:00 am	Lane Swim 6:00-8:25						
8:30 am 9:00 am		8:30-9:15		Zumba®			
9:30 am 10:00 am 10:30 am	Lessons (R) (no slide)	One Lane 9:15-11:30	Pickleball	9:05-10:05 Abs 10:05-10:20 Yoga (upstairs)			
11:00 am 11:30 am 12:00 pm			10:00-12:00	10:30-11:30			
12:30 pm 1:00 pm 1:30 pm	Camp/Open Swim						
2:00 pm 2:30 pm 3:00 pm	Open 2:00-		Camp Gym 2:30-3:30				
3:30 pm 4:00 pm 4:30 pm	Lane Swim 3:30-4:25		Family Track+ 4:00-5:15				
5:00 pm 5:30 pm 6:00 pm	Lessons (R) 4:30-6:30		Family Bounce+ 5:15-5:45 Active Kids (3-5yrs)	Step 5:30-6:15		Fun Factory	
6:30 pm 7:00 pm	Aquafit 6:40-7:25 Open 5wim 7:30-8:15 Lane Swim 8:15-9:15		Aquafit 6:00-6:45			(6-12yrs) 6:00-6:45	Busy Buds (3-5yrs) 6:45-7:30
7:30 pm 8:00 pm 8:30 pm			(6-12yrs) 6:45-7:30 Pickleball				
9:00 pm 9:30 pm 10:00 pm			7:45-9:45				

SATURDAY

	Po	lool	Gym	Stu	Studios		Multi-Use
				1	2	1	2
7:00 am							
7:30 am		Swim			Cyclefit		
8:00 am	7:00	-8:55			7:45-8:45		
8:30 am							
9:00 am				Group Power*		Saturday Morning	Busy Buds
9:30 am				9:05-10:05		Club (6-12 yrs)	(3-5 yrs)
10:00 am		ins (R)				9:00-10:30	9:00-10:30
10:30 am	9:00-	12:00		Yoga (upstairs)			
11:00 am				10:30-11:30			
11:30 am							
12:00 pm	Lane	Swim D-1:00 Birthday Party 12:00-1:00	Rirthday Party				
2:30 pm	12:00						
1:00 pm	Family						
1:30 pm	Swim+						
2:00 pm	1:00-2:00	One Lane					
2:30 pm	Open	1:00-4:00	1:00-4:00				
3:00 pm	Swim 2:00-4:00						
5150 pm							
4:00 pm	Lane						
4:30 pm	1						
5:00 pm							
5:30 pm							
6:00 pm							
Legen	d:	1	3+ yrs Prograi	n**	S	upervised Progra	am
			, ,			1 5	
		0	Open + Ac	lult Participatio	on is required	(R) Register	red Progi

+10-12 yr old can access Fitness Centre and classes (excluding Strength classes) with parent/ guardian participation and youth orientation (parent/guardian needs to be a YMCA member) **13-15yr old can access Fitness Centre and classes after completing youth orientation.

Child Minding Fees: Hourly fee per child \$3.25 Monthly Pass per child \$42 | (20) 30-Minute Punch Card \$31 Mon - Sat 9:00 am - 11:30 am Mon - Thurs 5:15 pm – 7:45 pm

SUNDAY

								5 W I I I I				-		
	Ро	ol	Gym	Stu	udios	os Main Floor Multi-Use		Registration requ	uired for all o	classes excep	ot L'il Dipper	s 1 and Adul	t/Teen Le	ar
				1	2	1	2	Level	Monday	Tuesday	Wednesday	Thursday	Friday	
00 am 30 am 00 am		Guiden						L'il Dippers 1 (6mths-5yrs)	5:30-6:00pm	10:00-10:30am	6:00-6:30pm			
8:30 am 9:00 am	7:00-				Cyclefit			Splashers, Bubblers	5.50-0.00pm	10.00-10.30411	1:30am 6:00-6:30pm			
9:30 am 9:00 am 9:30 am	Family	One Lane 10:00-12:00			9:15-10:00			L'il Dippers 2 (3-5 yrs) Bobbers, Floaters, Gliders, Divers, Surfers,	4:30-5:00pm 6:00-6:30pm	5:30-6:00pm 6:00-6:30pm	4:30-5:00pm 6:00-6:30pm	4:30-5:00pm 6:00-6:30pm	5:00-5:30pm 5:30-6:00pm	
1:30 am 2:00 pm 2:30 pm	Lane !	Swim	Birthday Parties					Dippers Learn to Swim						
1:00 pm 1:30 pm	Family Swim+		12:00-1:00					(6+ yrs) Otter, Seal, Dolphin, Swimmer	5:00-5:30pm	5:30pm 4:30-5:00pm	5:30-6:00pm	5:00-5:30pm	6:00-6:30pm	6:00-6:30pm
2:30 pm 3:00 pm	Open	1:00-4:00	Family Track+ 1:00-4:00					Stars Star 1-4	5:30-6:00pm	5:00-5:30pm	5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	
4:00 pm 4:30 pm 5:00 pm	Lane ! 4:00-	Swim						Star Leadership Star 5-7	6:00-7:00pm	5:30-6:30pm				
5:30 pm 5:00 pm								Adult/Teen Learn to Swim		9:30-10:00am	8:15-8:45pm		bership Desk for g Lessons and Aq	

Holiday Pool Schedule

· · · · · · · · · · · · · · · · · · ·									
Lane Swim	Family Swim (1 Lane)	Lane Swim	Open Swim (1 Lane)	Lane Swim					
7:00-10:00am	10:00am-12:00pm	12:00-1:00pm	1:00-2:30pm	2:30-3:30pm					
Children's programs, Child Minding and fitness classes are not offered on holidays.									

Break Week: September 3 to September 9, 2018.

All Children/Youth Programming and Swimming Lessons will not run. Fitness classes, Pool and Childminding are on the current summer schedule. Fall refurbishment may impact program delivery and location. All Fall programs begin Monday September 10, 2018.

Busy Buds(3-5yrs

6:30-7:30



THURSDAY

		Po	lool	Gym	Studios		Main Floo	r Multi-Use		
					1	2	1	2		
	6:00 am									
	6:30 am		<i>c</i> .							
	7:00 am		Swim -8:25							
	7:30 am	0.00	-0.25							
	8:00 am					Cyclefit				
	8:30 am	Aquafit	3:30-9:15			8:00-8:45				
	9:00 am	Aquanto	5.50-9.15		Zumba®					
	9:30 am				9:00-9:45					
)	10:00 am	Open Swim	One Lane		Barre					
	10:30 am	(no slide) 9:15-11:30	9:15-11:30	Pickleball	9:55-10:40					
	11:00 am	5.15 11.50		10:00-12:00	Yoga (upstairs)					
	11:30 am	1	C		10:30-11:30					
	12:00 pm	Lane Swim 11:30-1:00								
	12:30 pm									
	1:00 pm		oen Swim							
	1:30 pm	1:00-2:00		1:00-2:00						
	2:00 pm	0	C							
	2:30 pm	Open Swim 2:00-3:15				Camp Gym				
	3:00 pm	2.00	5.15	2:30-3:30						
	3:30 pm		Swim							
	4:00 pm	3:30	3:30-4:25							
	4:30 pm			Family Track+ 4:00-5:15						
	5:00 pm		ns (R)	1.00 5.15						
	5:30 pm	4:30-6:30			H.I.I.T. 5:30-6:00					
	6:00 pm			Active Kids			Fun Factory			
	6:30 pm		Jafit	(3-5yrs) 6:00-6:30	Group Power®		(6-12yrs) 6:00-6:30	Busy Buds (3-5yrs)		
	7:00 pm			Super Sports	6:15-7:15		7:00-7:30	6:30-7:30		
	7:30 pm	Open	One Lane	(6-12yrs) 6:30-7:00						
	8:00 pm	Swim	7:30-8:15	Youth Gym						
_	8:30 pm	7:30-8:15		(13-17 yrs) 7:30-9:00						
	9:00 pm		Swim							
	9:30 pm	8:15	-9:15							
	10:00 pm									

SWIM LESSON SCHEDULE (Membersonly)

Fort Erie E.J. Freeland YMCA 1555 Garrison Road Fort Erie, ON L2A 1P8 **T:** 905.871.9622

Building Hours:

M - F: 6:00am - 10:00pm Sat-Sun: 7:00am - 6:00pm Holidays: 7:00am - 4:00pm (unless otherwise stated)

Visit our website ymcaofniagara.org

Fort Erie E.J. Freeland YMCA **WEMBERSHIP** INFORMATION



Benefits of YMCA Membership:

When you join the Y, you will have access to people, programs and facilities to help you become healthier, feel better about yourself, and feel more connected to your community.

By joining the Y, you can look forward to:

- Complimentary orientation with a Fitness Coach to help you get the most from your YMCA membership. Coaches will discuss personal goals and interests and connect members with the YMCA programs and services that will work for them;
- A friendly and welcoming environment;
- Unlimited access to a variety of drop-in adult fitness and aquatics classes;
- Indoor walking/running tracks;
- Open gym time and recreational sports;
- *Squash and racquetball courts;
- Strength training and cardio equipment;
- Individual and Small Group Personal Training; (\$)
- · Access to programs at all YMCA of Niagara facilities and guest privileges at all Canadian YMCAs;
- A family-friendly environment;
- Convenient hours and class times;
- Open, family and lane swims;
- Clean and well maintained facilities and equipment;
- No locked-in yearly contract;
- · Child minding services to watch little ones while you get fit and healthy for an additional fee;
- Use of day lockers and General Change Rooms; and
- **Adult-only Plus Membership change rooms.

Memberships for children & youth include:

- Unlimited drop-in and recreational programs;
- Free non-registered open access programs at any branch;
- YMCA Kid Fit Cardio and Yoga programs (seasonally);
- One group swim lesson per week;
- Unlimited access to recreational swim and gym times;
- Access to the Fitness Centre and classes (excluding Strength classes) with parent/guardian participation and youth orientation (parent/guardian needs to be a YMCA member), 10-12 years of age; and
- Access to Fitness Centre and classes after completing youth orientation, 13 years of age and over.

Private swimming lessons are available for a fee.

*Available at the Niagara Falls, EJ Freeland and Walker Family locations

**Available at the Niagara West, Niagara Centre, Niagara Falls and Walker Family locations

Family Fun Nights

Visit www.ymcaofniagara.org for dates and more information.



YMCA Access

When you purchase a YMCA membership, you receive a photo membership identification card. Please present this card to access the Y. If you forget your card, please present a piece of photo identification.

Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided.

Membership Rates

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Membership	Monthly (+Tax)
Child * (up to 12 years)	\$27
Youth (13-17 yrs)	\$33
Young Adult (18-23 yrs.)	\$33
Adult General	\$48.75
Family General	\$79
Family General with Kids	\$ 91
Family General Grandparent +	\$40

*Tax does not apply to Child memberships

Other Ways to Access the YMCA

Day Passes (taxes included) (16yrs+ photo ID required)	
Adult Day Pass (16 yrs. +)	\$11
Youth Day Pass* (10-15 yrs.)	\$5
Swim Fees (taxes included) (16yrs+ photo ID required)	
Family (2 adults, any number of children. Aquatic admission criteria applicable)	\$11

Family (2 adults, any number of children. Aquatic admission criteria applicable)	\$11
16 yrs. +	\$11
15 yrs. and under	\$3.25
Adult with child under 10 yrs.	\$3.25

* Youth Day Pass includes use of Open Gym and Open Swim times.

Joining Fee

The Joining Fee is used to maintain YMCA facilities and equipment through capital improvements. Adult and Membership Plus members will be required to pay a Joining Fee. Only one Joining Fee is paid per adult family living at the same address. The Joining Fee is non-refundable and must be paid at the time of registration. Tax extra.

\$100 per Adult General/Family General

Our YMCA commitment to proper maintenance and upkeep of our buildings and equipment is an important part of ensuring a safe environment for all to enjoy. This may result in temporary interruptions in service or access to specific areas or equipment within the facility, such as the pool. Membership fee adjustment(s) shall not apply due to maintenance, repair or refurbishment by the YMCA. In the event a primary facility is temporarily unavailable, members have the option of using any other YMCA Health, Fitness and Aquatic facility operated by the YMCA of Niagara.

Payment Options

Your YMCA membership fees can be paid in full or by installments through our convenient pre-authorized monthly payment plan. All monthly memberships on a pre-authorized plan will be continuous. The first month will be pro-rated to reflect your start date.

Online Fitness Class Booking

To ensure your spot, pre registration is available for Cyclefit classes. New members will receive an email inviting them to sign up for online self service. Once you sign up, you will be able to register yourself online within 24 hours of the class start time by visiting ymcaofniagara.org. If you do not receive an email please visit or call the YMCA Membership Desk.

Holds, Cancellation & Refund Policy

Memberships can be put on hold at any time, in person or in writing by emailing: membershiphold@niagara.ymca.ca. Membership may be cancelled at any time. There is no cancellation fee. Monthly preauthorized memberships must be cancelled in person minimum 10 days prior to your payment date. For prepaid memberships, refunds are issued for any remaining portion.

Supervision of Children

Your child's health and safety is important to us. Children under 10 years of age must be supervised in the building by an adult or guardian (minimum 16 years of age) while participating in open gym and open swim times.

Lockers

All lockers are for day use and we ask that members bring their own locks. Towel and locker service are available to add on to your membership.

YMCA Values

The YMCA is a shared experience for everyone to enjoy. The YMCA Values of caring, honesty, respect, responsibility, health and inclusiveness are to be demonstrated by all staff, volunteers, members and guests while in a YMCA program, facility or property.

Community Rentals

Please call the branch for information regarding community rentals.

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 – Maximum 2:1 ratio

- Must be directly supervised by an adult/ guardian (min 16 years of age) in the water within arms reach.
- All children not fully toilet trained must wear specialty swim diapers or rubber pants.

Under 10 years – Maximum 4:1 ratio

- 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 16 years) in the water in the same area of the pool.

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

For swimmers 13 years and older.

Water Slide

- Is available during weekend and M/W/F evening open swims.
- For safety reasons, sliders must be able to swim 25m unassisted and be 42" tall to ride.

Medical Conditions

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

Building healthy communities