



Niagara Falls YMCA

# SUMMER SCHEDULE

July 2, 2018 - September 9, 2018



## MONDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am						Cyclefit 6:00-6:45			
6:30 am									
7:00 am	Lane Swim 6:00-9:15								Cardiac Rehab 8:00-12:00 Court D
7:30 am									
8:00 am			Barre 8:15-9:00		Camp 7:30-8:45				
8:30 am		Open Swim 7:00-10:30							
9:00 am									
9:30 am	AquaFit 9:30-10:15		Strength 9:15-10:00		Super Sports (6-12yrs) 9:00-10:15	Cyclefit 9:15-10:00	EarlyON 9:00-12:00	Active Kids (3-5yrs) 9:00-10:15	Child Minding 9:00-11:45
10:00 am			Group Power* 10:15-11:15		Active Kids (3-5yrs) 10:15-11:15			Games Galore (6-12yrs) 10:15-11:15	
10:30 am	Camp/Open Swim (with slide) 10:30-12:00								
11:00 am			Gentle Fit 11:30-12:15						
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm			Adult Basketball (16+) 12:15-2:00						
1:00 pm	Partner Use 1:00-1:45								
1:30 pm									
2:00 pm	Open Swim 1:45-2:25	Open Swim 12:00-4:15	Pickleball 2:15-3:00		Camp 1:00-5:00				
2:30 pm									
3:00 pm	AquaFit 2:30-3:15								Family Track+ 3:00-4:30
3:30 pm									
4:00 pm	Lane Swim 3:30-4:15		Family Bounce+ 4:00-4:45	Camp 4:00-5:00					
4:30 pm									
5:00 pm									
5:30 pm			Group Power* 5:30-6:30		Active Kids (3-5yrs) 5:15-6:30	Cyclefit 5:30-6:15	Games Galore (6-8yrs) 5:15-6:30	Energy N Motion (9-12yrs) 5:15-6:30	Child Minding 5:15-8:00
6:00 pm	Lessons (R) 4:15-7:15								
6:30 pm			Barre 6:45-7:30		Super Sports (9-12yrs) 6:30-7:30				Yoga 6:30-7:30 D/E
7:00 pm									
7:30 pm	AquaFit 7:30-8:15	Open Swim 7:15-9:00	Youth Basketball 7:30-8:30	Youth Basketball (10-15yrs) 7:50-8:30					
8:00 pm									
8:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00							
9:00 pm									
9:30 pm									
10:00 pm									

## TUESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am									
6:30 am									
7:00 am	Lane Swim 6:00-9:15								Yoga 9:15-10:15 Coronation
7:30 am									
8:00 am					Camp 7:30-8:45				
8:30 am		Open Swim 7:00-10:30							
9:00 am									
9:30 am	AquaFit 9:30-10:15		STRONG by Zumba* 9:15-10:15		EarlyON 9:00-10:00				Child Minding 9:00-11:45
10:00 am							EarlyON 9:00-12:00		
10:30 am			Barre 10:30-11:15						
11:00 am	Lane Swim 10:30-1:00	Camp/Open Swim 10:30-12:00							
11:30 am									
12:00 pm						Cyclefit 12:15-12:45			
12:30 pm		Open Swim 12:00-1:45							
1:00 pm	Partner Use 1:00-1:45								
1:30 pm			Pickleball 1:00-3:00						
2:00 pm									
2:30 pm	Camp/Open Swim (with slide) 1:45-3:25				Camp 1:00-5:00				
3:00 pm									Family Track+ 3:00-4:30
3:30 pm	Lane Swim 3:30-4:15	Open Swim 3:30-4:15							
4:00 pm					Camp 4:00-5:00				
4:30 pm									
5:00 pm									
5:30 pm	Lessons (R) 4:15-7:15	Lessons (R) 4:15-7:15	STRONG by Zumba* 5:30-6:30		Super Sports (6-8yrs) 5:15-6:30		Games Galore (9-12yrs) 5:15-6:30	Active Kids (3-5yrs) 5:15-7:30	Child Minding 5:15-7:45
6:00 pm						Core Fusion 6:45-7:15			
6:30 pm			Super Sports (9-12yrs) 6:30-7:30						
7:00 pm									
7:30 pm	Open Swim (with slide) 7:45-8:45	Open Swim 7:15-9:00	Youth Basketball (10-15yrs) 7:35-8:45	Karate (7-9yrs) 6:45-7:30 (10-13yrs) 7:45-8:30					
8:00 pm									
8:30 pm	Lane Swim 8:45-10:00	Adult Open 9:00-10:00	Adult Basketball (16+) 8:45-10:00	Karate (14+) 8:45-10:15					
9:00 pm									
9:30 pm									
10:00 pm									

## WEDNESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am						Cyclefit 6:00-6:45			
6:30 am									
7:00 am	Lane Swim 6:00-9:15				Pickleball 6:30-8:30				
7:30 am									
8:00 am					Camp 7:30-8:45				
8:30 am		Open Swim 7:00-11:00							
9:00 am									
9:30 am	AquaFit 9:30-10:15		Step 9:15-10:00		Super Sports (6-12yrs) 9:00-10:15	Cyclefit 9:15-10:00		Active Kids (3-5yrs) 9:00-10:15	Child Minding 9:00-11:45
10:00 am			Group Power* 10:15-11:15		Active Kids (3-5yrs) 10:15-11:15			Games Galore (6-12yrs) 10:15-11:15	
10:30 am	Lessons (R)/2 Lanes 10:30-12:00	Lessons (R)/Open Camp/Open 11:00-11:55							
11:00 am									
11:30 am			Gentle Fit 11:30-12:15						
12:00 pm									
12:30 pm	Lane Swim 12:00-1:45	Open Swim 12:00-1:45	Adult Basketball (16+) 12:15-2:00						
1:00 pm									
1:30 pm									
2:00 pm									
2:30 pm	Camp/Open Swim (with slide) 1:45-3:25				Camp 1:00-5:00				
3:00 pm									Family Track+ 3:00-4:30
3:30 pm	AquaFit/1 Lane 3:30-4:15	Open Swim 3:30-4:15	Family Bounce+ 4:00-4:45	Camp 4:00-5:00					
4:00 pm									
4:30 pm									
5:00 pm									
5:30 pm	Lessons (R) 4:15-7:15		Barre 5:30-6:15		Active Kids (3-5yrs) 5:15-6:30		Games Galore (9-12yrs) 5:15-6:30	Active Kids (3-5yrs) 6:30-7:30	Child Minding 5:15-7:45
6:00 pm									
6:30 pm			Group Power* 6:30-7:30		(9-12yrs) 6:30-7:30				
7:00 pm									
7:30 pm	AquaFit 7:30-8:15	Open Swim 7:15-9:00			Youth Basketball (10-15yrs) 7:30-8:30				
8:00 pm									
8:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00			Adult Basketball (16+) 8:45-10:00				
9:00 pm									
9:30 pm									
10:00 pm									

## THURSDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am									
6:30 am									
7:00 am	Lane Swim 6:00-9:15								Cardiac Rehab 8:00-12:00 Court D
7:30 am									
8:00 am									
8:30 am		Open Swim 7:00-10:30							
9:00 am									
9:30 am	AquaFit 9:30-10:15		Gentle Fit 8:15-9:00		Camp 7:30-8:45				
10:00 am									
10:30 am			Body Sculpt 9:15-10:00						
11:00 am									
11:30 am	Lane Swim 10:30-12:55	Camp/Open Swim 10:30-11:55						Community Program 9:00-11:30 Room B	Child Minding 9:00-11:45
12:00 pm									
12:30 pm									
1:00 pm	Partner Use 1:00-1:45								
1:30 pm			Pickleball 1:00-3:00						
2:00 pm									
2:30 pm	Camp/Open Swim (with slide) 1:45-3:25								
3:00 pm									Family Track+ 3:00-4:30
3:30 pm	Lane Swim 3:30-4:15	Open Swim 3:30-4:15							
4:00 pm					Camp 4:00-5:00				
4:30 pm									
5:00 pm									
5:30 pm	Lessons (R) 4:15-7:15		Express Strength 5:30-6:00 (3-5yrs) 5:15-6:30		Active Kids (3-5yrs) 5:15-6:30		Super Sports (9-12yrs) 5:15-6:15	Games Galore (6-8yrs) 5:15-6:15	Child Minding 5:15-7:45
6:00 pm			Zumba* Family+ 6:15-7:00				Barre (Court D) 6:15-7:00	Active Kids (3-5yrs) 6:30-7:30	
6:30 pm									
7:00 pm									
7:30 pm									
8:00 pm									
8:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00			Adult Basketball (16+) 8:45-10:00				
9:00 pm									
9:30 pm									
10:00 pm									

## FRIDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am						Cyclefit 6:00-6:45			
6:30 am									
7:00 am	Lane Swim 6:00-9:15		Pickleball 6:30-8:30						
7:30 am									
8:00 am									
8:30 am		Open Swim 7:00-10:30			Camp 7:30-8:45				
9:00 am									
9:30 am	AquaFit 9:30-10:15		Step 9:15-10:00		Super Sports (6-12yrs) 9:00-10:15	Cyclefit 9:15-10:00		Active Kids (3-5yrs) 9:00-10:15	Child Minding 9:00-11:45
10:00 am			Group Power* 10:15-11:15		Active Kids (3-5yrs) 10:15-11:15			Games Galore (6-12yrs) 10:15-11:15	
10:30 am	Camp/Open Swim (with slide) 10:30-11:55								
11:00 am									
11:30 am	Lane Swim 12:00-1:30								
12:00 pm			Adult Basketball (16+) 12:15-2:00						
1:00 pm									
1:30 pm	Open Swim 1:45-2:30	Open Swim 12:00-4:15							
2:00 pm									
2:30 pm	AquaFit 2:30-3:15								
3:00 pm	Lane Swim 3:30-4:15								Family Track+ 3:00-4:30
4:00 pm									
4:30 pm									
5:00 pm	Lessons (R) 4:15-6:15								
5:30 pm									
6:00 pm									
6:30 pm	Open Swim (with slide) 6:15-8:30	Open Swim 6:15-9:00							
7:00 pm									
7:30 pm									
8:00 pm									
8:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:0							



# Niagara Falls YMCA MEMBERSHIP 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;
- ActiveTrax technology to assist members reach their health and fitness goals and track their progress;
- 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

## 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

Membership	Monthly (+Tax)
Child * (up to 12 years)	\$31
Youth (13-17 yrs)	\$41.50
Young Adult (18-23 yrs.)	\$41.50
Adult General	\$53
Family General	\$96
Family General with Kids	\$110
Family General Grandparent	+\$48
Membership Plus (Adult Only 18+)	\$73.50
Family Plus (Adult Only 18+)	\$131.50
Family Plus with Kids	\$147
Family Plus Grandparent	+\$65.75

\*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 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 \$125 per Membership Plus / Family

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.

## 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.

## 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.

## 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.

## 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 pre-authorized memberships must be cancelled in person minimum 10 days prior to your payment date. For prepaid memberships, refunds are issued for any remaining portion.

## Lockers

All lockers are for day use and we ask that members bring their own locks.

## 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 open and family swims in the lane pool.
- 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.