V

Port Colborne YMCA

SUMMER SCHEDULE

July 2, 2018 - September 9, 2018

MONDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B		
6:00			Open Gym					
6:30			6:00-7:00					
7:00				Open Gym	Adult Or	oen (16+)		
7:30	Lane Swim 6:30-9:00	Adult Open	Camp	6:00-8:45		-9:00		
8:00	6:30-9:00	7:00-9:00	7:00-8:45					
8:30								
9:00	Aquafit	Family Codes	Super Sports	Active Kids		ngth		
9:30	9:15-10:00	Family Swim+ 9:00-10:30	(6-12 yrs)	(3-5 yrs)	9:15-	10:00		
10:00	Open Swim/	5.00 10.50	9:00-10:30	9:00-10:30		le Fit		
10:30	3 Lanes		Family	Gym+	10:30	-11:00		
11:00	10:15-11:45	Open Swim		10:30-12:00				
11:30		10:30-1:00						
12:00 12:30	Lane Swim 12:00-12:45					Adult Basket		
1:00		16				5-2:00		
1:30	Open /	-2:00	Open Gym 12:00-4:00					
2:00	Open/3 Lanes	Open Swim						
2:30	2:00-3:00	2:00-3:00						
3:00					Ca	mn		
3:30					Camp 2:00-5:00			
4:00			Family Gym+	Family Gym+				
4:30		(5)	4:00 -5:00	4:00-4:30				
5:00	Lesso 4:30-	ns (R) -6:30	Camp	Family Bounce+				
5:30	4.50	0.50	5:00-5:30	4:45-5:15		Training		
6:00	Open/1 Lane/ Lessons		Super Sports	Active Kids		-6:15		
6:30	6:30-7:30		(6-12 yrs)	(3-5 years)	Open Gym	Cyclefit		
7:00	Aquafit/2 Lanes	Open Swim	5:30-7:30	5:30-7:30	6:45-7:30	6:30-7:30		
7:30	7:45-8:30	6:30-9:00		sketball (10-15 yrs)				
8:00	Open/2 Lanes		7:45	-8:45	Commun	ity Rental		
8:30	8:30-9:00		Adult Drop In 8	Basketball (16+)		-9:45		
9:00 9:30				-9:45				
9.30								

TUESDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
6:00			Open Gym			Cyclefit	
6:30			6:00-7:00			6:15-7:00	
7:00	Lane Swim			Open Gym	Open Gym		
7:30	6:30-9:00	Adult Open	Camp	6:00-8:45	6:00-9:00	Adult Open Gym	
8:00	0.50 7.00	7:00-9:00	7:00-8:45			7:00-9:00	
8:30							
9:00	Aquafit	Family Swim+	Super Sports	Active Kids			
9:30	9:15-10:00	9:00-10:30	(6-12 yrs)	(3-5 yrs)	Group		
10:00	Open Swim/		9:00-10:30	9:00-10:30	9:15-		
10:30 11:00	3 Lanes		Family	Gym+	Zum		
11:00	10:15-11:45	Open Swim		-12:00	10:30-11:15		
12:00		10:30-1:00	_				
12:00	Lane Swim 12:00-12:45			Gym	Ope	n Gym	
1:00			12:00-12:45		11:30-2:00		
1:30	Open / 1:00-		Adult Pickleball*** 1:00-3:00				
2:00		-2.00					
2:30	Aquafit Moderation 2:15-3:00	Open Swim	1.00-3.00		Camp		
3:00	Open/3 Lanes	2:00-4:00	Open Gym 3:15-4:00				
3:30	3:15-4:00	2.00 1.00			2:00-4:30		
4:00	3113 1100		5.15				
4:30			Family	Gym+			
5:00	Lesso			-5:45	Camp	Youth Open	
5:30	4:30-	-6:00			4:30-6:00	(10-15yrs)	
6:00			Get Connected	Active Kids		4:30-6:00	
6:30			(6-12 years)	(3-5 years)	On Th	ne Ball	
7:00	Open/2 Lanes	Open Swim	6:00-7:30	6:00-7:30	6:30		
7:30	6:00-9:00	6:00-9:00	Youth Drop In Bas	sketball (10-15yrs)			
8:00				-8:45	Community Use 7:30-9:00		
8:30		Adult Drop In Basketball (16+)		Dagleathall (1C)	7.50-9.00	Open Gym 7:30-9:45	
9:00				3asketball (16+) -9:45	Open Gym	/:30-9:45	
9:30			8:45	7.43	9:00-9:45		

WEDNESDAY

		Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
_	:00			Open Gym				
	:30			6:00-7:00				
	:00	Lane Swim				Adult Op	en (16+)	
	:30	6:30-9:00	Adult Open	Camp		6:00-	9:00	
	:00	0.30 7.00	7:00-9:00	7:00-8:45				
	:30							
	:00	Aquafit	Family Swim+	Open Gym		Open Gym	Cyclefit	
	:30	9:15-10:00	9:00-10:30	9:00-10:30		9:00-10:00	9:15-10:00	
	:00	Open Swim/	7.00 10.50	3,00 10,50	Open Gym	Gent		
	:30	3 Lanes/Lessons (R)	Open Swim/	Family Gym+	6:00-3:00	10:30-	11:00	
11:	:00	10:15-11:45	Lessons (R)	10:30-12:00			Open Gym 11:15-1:45	
	:30		10:30-12:00			Adult Basketball		
	:00	Lane Swim	Open Swim			(16+) 11:15-2:00		
	:30	12:00-12:45	12:15-1:00					
	:00	Open /		Open Gym 12:00-4:00				
	:30	1:00-						
_	:00	Open						
_	:30	2:00-	-3:00			Camp		
	:00				Family Gym+	2:00-		
	:30				3:00-4:30			
	:30			Family Gym+				
	:00	Lesso	ns (R)	4:00-5:15	Family Bounce+ 4:45-5:15			
	:30	4:30-	-6:30		4:45-5:15	Camp 4:30-6:00	Open Gym 4:30-6:00	
	:00	1 (D) (O /		Super Sports	Active Kids	4.50-0:00	4.50-0:00	
	:30	Lessons(R)/Open/ 2 Lanes 6:30-7:30		(6-12 yrs)	(3-5 years)	0.		
_	:00		Open Swim	5:30-7:30	5:30-7:30	Barre 6:30-7:15		
	:30	Aquafit/2 Lanes Open Swim 6:30-9:00		Oman Chuah	ele (e.e. leelle)			
	:00	Open/2 Lanes	0.50 7.00		ch (no balls) -8:45	Yo 7:35-		
	:30	8:30-9:00		7.50	0.15	7.53-6.53		
	:00	0.50 3.00		Adult Basketball (16+)				
	:30				8:45-9:45			

THURSDAY

	UKJU	/\ I				
	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00			Open Gym			
6:30			6:00-7:00			
7:00	Lane Swim			Open Gym	Open	
7:30	6:30-9:00	Adult Open	Camp	6:00-8:45	6:00	-9:00
8:00		7:00-9:00	7:00-8:45			
8:30 9:00						
9:30	Aquafit 9:15-10:00		Super Sports	Active Kids	Group	Power® 10:15
0:00	5.15-10.00		(6-12 yrs) 9:00-10:30	(3-5 years) 9:00-10:30	5.13-	10.13
0:30	Open Swim/	Open Swim	7100 10150	7,00 10,50	Ba	rro
11:00	3 Lanes	9:00-1:00				·11:15
11:30	10:15-11:45			ball***	.5.50 11.15	
12:00	Lane Swim		10:45	-12:45	_	_
12:30	12:00-12:45				Open Gym 11:30-2:00	
1:00	Open /				11:30-2:00	
1:30	1:00-	-2:00				
	Aquafit Moderation		Open Gym			
2:30	2:15-3:00	Open Swim		-4:30	Camp 2:00-4:30	
3:00	Open/3 Lanes	2:00-4:00				
3:30 4:00	3:15-4:00					
4:00				F 11.6		0 6
5:00	Lesso	ns (R)	Camp 4:30-5:30	Family Gym+ 4:30 -5:15	H.U.T.	Open Gym 4:30-5:30
5:30	4:30-	-6:00	4.50 5.50	4.50 5.15	5:00-5:30	4.50 5.50
6:00			Get Connected	Active Kids	Stre	nath
6:30	Open Swim /		(6-12 years)	(3-5 years)	5:45	
7:00	2 Lanes	Open Swim 6:00-8:30	5:30-7:30	5:30-7:30		
7:30	6:00-8:30	6:00-8:30				
8:00			Pickle	L - 11***	Open Gym	
8:30				-9:45	6:45-9:45	
9:00			7.73	5.15		
9:30						

FRIDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00			Open Gym			
6:30			6:00-7:00			
7:00	Lane Swim			Open Gym		
7:30	6:30-9:00	Adult Open	Camp	6:00-9:00		en (16+)
8:00	0.50 7.00	7:00-9:00	7:00-8:45		7:15	-9:00
8:30						
9:00	Aquafit				Core I	
9:30	9:15-10:00		Open Streto	h (No Balls)	9:15-	10:00
10:00	Open Swim/		9:15-		Gentle	a Voga
10:30	3 Lanes	Open Swim	3.13			-11:15
11:00	10:15-11:45	9:00-1:00			1000 1110	
11:30			Open	Gym		
12:00 12:30	Lane Swim			1:00	Oper	Gvm
1:00	12:00-12:45				11:30-2:00	
1:30	Open/	/Camp -2:00				
2:00			Adult Pic	kleball*** -3:00	Camp 2:00-4:30	
2:30	Open/3 Lanes 2:00-3:00	Open Swim 2:00-3:00	1:00-	-5:00		
3:00	2.00-3.00	2.00-3.00	0	C		
3:30				Gym -4:00		
4:00			3.00	4.00		
4:30	Lessons (R)/Group	Lessons (R)	Family	Cumi		
5:00	4:30-5:30	4:30-5:30	4:00-		Camp	Open Gym
5:30	Open Swim/	1.50 5.50	1.00		4:30-6:00	4:30-6:00
6:00	Lessons (R) /Group					
6:30	5:30-7:00	Open Swim				
7:00		5:30-8:30		Open	Gvm	
7:30	Open/2 Lanes				-9:00	
8:00	7:00-8:30					
8:30						
9:00				Adult Op	oen Gym	
9:30			9:00-9:45			

Individual program offerings are subject to change. Please speak with the Welcome Desk to confirm availability.

***Pickleball is free for YMCA Members. Community Participants can pay \$10.00 per week to play.

Gym Fitness classes and Child/Youth programs require 15 minutes before and after scheduled time for setup/

SATURDAY

7:00						
7:30	Lane Swim	Lane Swim Open Swim		Gym	Open Gym	
8:00	Lane Swim Open Swim 7:30-8:45		7:00	-8:45	7:00-9:00	
8:30						
9:00 9:30			Super Sports	Active Kids	Group Power® 9:00-10:00	
10:00	Lesso	ns (R)	(6-12) years	(3-5 years)		
10:30	9:00-	11:30	9:00-11:00	9:00-11:00	Barre 10:15-11:00	
11:00					10113 11100	
11:30				Family Gym+		
12:00	Lane Swim	Family Swim+		11:45-12:30	Open Gym	
12:30	11:45-12:45	11:30-1:00			11:30-12:45	
1:00			Open Gym 11:00-4:00	Birthday Parties 12:30-3:30		
1:30						
2:00	Open/2 Lanes	Open Swim			Community Use	
2:30	1:00-4:00	1:00-4:00			1:00-4:00	
3:00						
3:30 4:00		F 11.6 1				
4:30	Lane Swim 4:00-5:00	Family Swim+ 4:00-5:00		Gym+ -5:00	0	
5:00	4.00-5.00	4.00-3.00	4:15-5:00 Open Gym 5:00-5:45		Open Gym 4:15-5:45	
5:30					7.15-5.45	
2.50			5.00	51.15		
Chi	ld Mindin	a.				
Child Minding:						

Child Minding: Monday to Saturday Monday to Thursday Fee for Service Hourly - \$3.25, Member Monthly Pass - \$42.00 per child, (20) 30-minute Punch Card - \$31.00

Legend: (13+ yrs Program**
+Adult Participation is required

Supervised Program (R) registered programs

Open

+10-12 yr old can access fitness centre and fitness classes (excluding Strength classes) with parent/guardian participation and a complete youth orientation (parent/guardian needs to be a YMCA member)

 $\hbox{***} 13\text{-}15\,yr\,olds\,must\,complete\,a\,youth\,orientation\,prior\,to\,participating\,in\,fitness\,classes.}$

SUNDAY

	Lane Pool	Leisure Pooi	Gym 1A	Gym 18	Gym 2A	Gym 2B
7:00						
7:30						Open Gym
8:00			Oper	ı Gym		7:00-8:45
8:30			7:00	-9:45		
9:00						Cyclefit
9:30						9:15-10:00
10:00					Open Gym	
10:30	Family Swim+/		Family	Come	7:00-2:00	
11:00	3 Lanes	Familia Cartan		Family Gym+ 10:00-12:45		Open Gym 10:15-2:00
11:30	10:30-11:45	Family Swim+ 10:30-1:00	10:00-12:			
12:00	Lane Swim	10.30-1.00				
12:30	12:00-12:45		Youth Open Gym	Birthday Parties		
1:00			(10-15yrs)			
1:30	Open Swim/ 2 Lanes	Open Swim	1:00-2:00			
2:00	1:00-3:00	1:00-3:00		12:30-3:30		
2:30	1.00 3.00					
3:00			Open Gym 2:00-5:45 Open Gym 3:30-5:45			Orop in (10-15 yrs)
3:30						(10-15 yrs) -5:00
4:00					2.00	-5.00
4:30						
5:00				3.30-3.43	Family Gym+	Open Gym
5:30					5:00-5:45	5:00-5:45

Holiday Pool Schedule:

Larie	1 001	Leisure Fooi		
Family/2 Lanes	10:30 - 11:45 am	Family Swim	10:30 am - 1:00 pm	
Lane Swim	12:00 - 12:45 pm	Open Swim	1:00 - 3:00 pm	
Open Swim/2 Lanes	1:00 - 3:00 pm			

Children's programs, Child Minding and fitness classes are not offered on holidays.

Break Week: September 3 - 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

SWIM LESSON SCHEDULE (Members only)

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

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Dippers 1 (6 mths-5 yrs) parent participation, splashers and bubblers	5:30 - 6:00 pm		10:30 -11:00 am 6:00 - 6:30 pm			10:00 - 10:30 am
Lil Dippers 2 (3-5 yrs) (all levels)	4:30 - 5:00 pm 6:00 - 6:30 pm		11:00-11:30 am 5:00 - 5:30 pm 5:30 - 6:00 pm	4:30 - 5:00 pm 5:30 - 6:00 pm		9:00 - 9:30 am 11:00 -11:30 am
Learn to Swim (6+ yrs) - otter, seal, dolphin, swimmer	5:00 - 5:30 pm	4:30 - 5:00 pm 5:30 - 6:00 pm	4:30 - 5:00 pm	5:00 - 5:30 pm		9:30 - 10:00 am 10:30 - 11:00 am
Stars Star 1-4 (6+ yrs)	5:30 - 6:00 pm	5:00 - 5:30 pm	6:00 - 6:30 pm			10:00 - 10:30 am
Star Leadership Star 5-7	6:30 -7:30 pm	5:00 - 6:00 pm		5:00-6:00pm	4:30 - 5:30 pm	
Teen/Adult Learn to Swim (13+)			11:30am-12:00pm	7:00 - 7:30 pm	for informati	nbership Desk on on Private g Lessons

Port Colborne YMCA

(in the Vale Health and Wellness Centre)

550 Elizabeth Street Port Colborne ON L3K 5W3

Tel: 905 835 9622

Visit us online at ymcaofniagara.org

Building Hours:

Mon-Fri: 6:00am - 10:00pm Saturday-Sunday: 7:00am - 6:00pm Holidays 7:00am - 4:00pm (unless otherwise stated)

Port Colborne YMCA Y 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;
- 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

ymcaofniagara.org



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)	\$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 with Grandparent	+\$40
Towel Service	\$8

^{*}Tax does not apply to Child memberships

Other Ways to Access the YMCA

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.

Day Passes (taxes included) (16yrs.+ photo ID required)

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 family living at the same address. The Joining Fee is nonrefundable 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.

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 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.

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.

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 – 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

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.

Medical Conditions

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

Community Rentals

Please call the branch for information regarding community rentals.