Walker Family YMCA

SUMMER SCHEDULE

July 2, 2018 - September 9, 2018

MONDAY

	Po	ol	Gy	/m	2nd Floor		Multi-Use		Mezzanine		
			West	East		A/B/C	D/Child Care	F			
5:00 am											
5:30 am											
6:00 am									Gravity		
6:30 am									6:00-6:45		
7:00 am	Lane Swim										
7:30 am	6:00-	-9:00	c.			C					
8:00 am				mp -8:45		Camp 7:30-8:45					
8:30 am			7.50	-0.43		7.50-0.45					
9:00 am	Aqu	ıafit	Games Galore	Cardio Mix		4 17:1	4 10 1				
9:30 am	9:10-	-9:55	(6-12yrs)	9:15-10:00	Cyclefit	Active Kids	Active Kids		Gravity		
10:00 am	Family Swim+		9:00-10:00	Strength	9:30-10:30	(3-5yrs) 9:00-11:00	(3-5yrs) 9:00-11:00		9:30-10:15		
10:30 am	10:15-11:15	2 Lanes	Super Sports	10:00-10:30		5.00-11.00	5.00-11.00				
11:00 am	Aquafit Mod.	10:15-12:00	(6-12yrs)	Gentle Circuit		C					
11:30 am	11:15-12:00		10:00-11:00	10:45-11:30		Camp 11:15-12:15					
12:00 pm	Lane	Swim			Queenax Circuit	11.13-12.13		Camp			
12:30 pm	12:00-	-12:55			12:15-1:00			7:00-6:00			
1:00 pm	Open/Car	mp Swim				Gentle Yoga			Gravity		
1:30 pm	1:00-	-2:10	Pick	eball		1:10-1:55			1:15-2:00		
2:00 pm	Aquafit Mo	Aquafit Mod./2 Lanes		1:00-3:00							
2:30 pm	2:15-	-3:00									
3:00 pm	_					Child Care					
3:30 pm	Camp 3:00-4:00	3 Lanes	Camp	3:00-4:00							
4:00 pm	3.00-4.00	3:00-4:55	3:00-5:00			Camp			Family Track+		
4:30 pm						3:00-6:00			4:00-5:00		
5:00 pm	. (5)		Games Galore				Active Kids				
5:30 pm	Lessons (R) 4:15-7:10	Lessons (R)	(6-12 yrs)	Step			(3-5yrs)		Gravity		
6:00 pm	4.13-7.10	5:00-7:10	5:15-6:30	5:30-6:15		Active Kids	5:15-6:15 D		5:30-6:15		
6:30 pm			Super Sports	Group Power®		(3-5yrs) 6:15-7					
7:00 pm	Open Swim	/Lessons (R)	(6-12yrs)	6:30-7:30			Active Kids				
7:30 pm	7:15-		6:30-8:00				7:00-7:45 CC				
8:00 pm	Aquafit/	2 Lanes				Yoga					
8:30 pm	7:45-					8:10-8:55					
9:00 pm	Lance	Ct									
9:30 pm	Lane : 8:30-										
10:00 pm	8:30-	10.50		etball (16+) 10:50							
10:30 pm			9:00-	10:50							
11:00 pm											

TUESDAY

	Po	ol	Gy	/m	2nd Floor		Multi-Use							
			West	East		A/B/C	D/Child Care	F						
5:00 am														
5:30 am														
6:00 am					Cyclefit									
6:30 am					6:00-7:00									
7:00 am	Lane	Swim												
7:30 am	6:00	-9:00	۲.	mp		Camp								
8:00 am				mp -8:45		7:30-8:45								
8:30 am			7.30	-0.43		7.30-0.43								
9:00 am	Aguafit 9	0-10-0-55	Games Galore			A satura Mista	A set on 17th In							
9:30 am	Aquaiit :	7.10-7.33	(6-12yrs)	Step		Active Kids (3-5yrs)	Active Kids (3-5yrs)							
10:00 am	Lessons (R)		9:00-10:00	9:15-10:00		9:00-11:00	9:00-11:00 D							
10:30 am	10:00-11:30	2 Lanes	Super Sports	Group Power®		2.00.11.00	7.00 11.00 D							
11:00 am	Family Swim+	10:00-12:00	(6-12yrs)	10:10-11:10		Camp								
11:30 am	11:30-12:00		10:00-11:00	Gentle Balance		Camp 11:15-12:15								
12:00 pm	Lane	Swim		& Stretch		11.15-12.15		Camp						
12:30 pm	12:00	-12:55		11:30-12:15				7:00-6:00						
1:00 pm	Open/Camp Swim					Yoga								
1:30 pm	1:00	-2:10				1:10-1:55								
2:00 pm	Aquafit Mo	od./2 Lanes		Community										
2:30 pm	2:15	-3:00		Group 2:00-3:00										
3:00 pm	C		3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes		Child Care					
3:30 pm	Camp 3:00-4:00	Camp 3 Li						Camp	3:00-4:00					
4:00 pm	3.00-4.00	3:00-4:55	3:00-5:00			Camp			Family Track+					
4:30 pm						3:00-6:00			4:00-5:00					
5:00 pm			Games Galore				Active Kids							
5:30 pm	Lessons (R)	Lessons (R)	(6-12yrs)	Strength			(3-5yrs)							
6:00 pm	4:15-7:45	Lessons (K) 5:00-7:45	5:15-6:30	5:30-6:30		Active Kids	5:15-6:15 D							
6:30 pm		J.00-7. 4 3	Super Sports	Zumba®		(3-5yrs) 6:15-7		Qigong	Barre					
7:00 pm			(6-12 yrs)	6:45-7:45			Active Kids	6:30-7:15	6:30-7:15					
7:30 pm	Open Swim		6:30-8:00				7:00-7:45 CC							
8:00 pm	7:45	-8:45												
8:30 pm														
9:00 pm	Lane	Swim												
9:30 pm	8:45-	10:30	A de la De de	. al II (4.6)										
10:00 pm				etball (16+) 10:50										
10:30 pm			9:00-	10.30										
11:00 pm														

WEDNESDAY

	Po	ol	Gy	/m	2nd Floor		Multi-Use		Mezzanine							
			West	East		A/B/C	D/Child Care	F								
5:00 am																
5:30 am					Cyclefit											
6:00 am				Group Power®	5:30-6:30											
6:30 am				6:10-7:10												
7:00 am	Lane	Lane Swim														
7:30 am	6:00-	9:00	_			-										
8:00 am				mp		Camp 7:30-8:45										
8:30 am			7:30-8:45			7.30-0.43										
9:00 am	Agu	afit	Games Galore	Zumba®												
9:30 am	9:10-	9:55	(6-12yrs)	9:15-10:00	Cyclefit	Active Kids	Active Kids (3-5yrs)		Gravity							
10:00 am			9:00-10:00		9:30-10:30	(3-5yrs) 9:00-11:00	(3-5yrs) 9:00-11:00 D		9:30-10:15							
10:30 am	Family Swim+	2 Lanes	Super Sports			5.00-11.00	5.00-11.00 D		Barre							
11:00 am	10:00-12:00	10:00-12:00	(6-12 yrs)	Gentle Strength		C			10:30-11:15							
11:30 am	10.00-12.00		10:00-11:00	10:45-11:30		Camp 11:15-12:15										
12:00 pm	Lane	Swim				11.13-12.13		Camp								
12:30 pm	12:00 -	12:00 - 12:55						7:00-6:00								
1:00 pm	Open/Ca	Open/Camp Swim							Gravity							
1:30 pm	1:00-	2:10	Pickleball			Minds In			1:15-2:00							
2:00 pm	Aquafit Mo	d./2 Lanes	1:00	-3:00		Motion										
2:30 pm	2:15-	-3:00				1:00-3:30										
3:00 pm	C	3 Lanes	3 Lanes		Child Care											
3:30 pm	Camp 3:00-4:00			3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes		3:00-4:00			
4:00 pm	3.00-4.00	3:00-4:55	3:00-5:00			C			Family Track+							
4:30 pm						Camp 3:30-6:00			4:00-5:00							
5:00 pm	Lessons (R)		Games Galore			3.30-0.00	Active Kids									
5:30 pm	4:15-7:10	Lessons (R)	(6-12yrs)	Group Power®			(3-5yrs)									
6:00 pm	T.13-7.10	5:00-7:10	5:15-6:30	5:30-6:30		Active Kids	5:15-6:15 D									
6:30 pm			Super Sports			(3-5yrs) 6:15-7			Yoga							
7:00 pm	Open Swin	n 7:15-7:40	(6-12 yrs)				Active Kids		6:30-7:15							
7:30 pm	Aquafit/		6:30-8:00				7:00-7:45 CC									
8:00 pm	7:45	7:45-8:30														
8:30 pm	Lessons	3 Lanes														
9:00 pm	8:30-9:00	8:30-9:00	Teen/Adult	4.1.16												
9:30 pm		Lane Swim		Adult Basketball		Summer Ou	ıtdoor Classes									
10:00 pm	9:00-	10:30	Volleyball (13+)	(16+)		Outdoor Ro	Outdoor Bootcamp (John Page Park) 9:15-10:00am Outdoor Family Zumba+ (Lakeside Park) 6:30-7:30									
10:30 pm			9:00-10:50	9:00-10:50												
11:00 pm			2.00 .0.50	2.00 10.50		Outdoor ranning Zumba+ (Lakeside Park) 0:30-7:30pm										

THURSDAY

	Po	ol	Gy	/m	2nd Floor		Multi-Use		Mezzanine
			West	East		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am					Cyclefit				
6:30 am					6:00-7:00				
7:00 am	Lane	Swim							
7:30 am	6:00-	-9:00				C			
8:00 am				mp -8:45		Camp 7:30-8:45			Barre
8:30 am			7.30	-0.43		7.30-0.43			8:00-8:45
9:00 am	Aqu	ıafit	Games Galore	Step		4 10:1	A .: 10.1		
9:30 am	9:10-	-9:55	(6-12yrs)	9:15-10:00		Active Kids	Active Kids		
10:00 am	Lessons (R)		9:00-10:00	Group Power®		(3-5yrs) 9:00-11:00	(3-5yrs) 9:00-11:00 D		
10:30 am	10:00-11:00	2 Lanes	Super Sports	10:10-11:10		5.00-11.00	3.00-11.00 D		
11:00 am	Family Swim+	10:00-12:00	(6-12yrs)	Gentle Balance		Camp			
11:30 am	11:00-11:55		10:00-11:00	& Stretch		11:15-12:15			
12:00 pm	Lane			11:30-12:15				Camp	
12:30 pm	12:00-	-12:55						7:00-6:00	
1:00 pm	Open/Ca	Open/Camp Swim				Yoga			
1:30 pm	1:00-	-2:10				1:10-1:55			
2:00 pm	Aquafit Mod./2 Lanes			Community					
2:30 pm	2:15-	-3:00		Group 2:00-3:00					
3:00 pm	Camp			Child Care					
3:30 pm	3:00-4:00	3 Lanes	Camp	3:00-4:00					
4:00 pm	3.00 1.00	3:00-4:55	3:00-5:00			Camp			Family Track+
4:30 pm						3:30-6:00			4:00-5:00
5:00 pm			Games Galore			3.30 0.00	Active Kids		
5:30 pm		Lessons (R)	(6-12yrs)		H.I.I.T.		(3-5yrs)		
6:00 pm	4:15-7:45	5:00-7:45	5:15-6:30		5:30-6:15	Active Kids	5:15-6:15 D		
6:30 pm		5.00 7.15	Super Sports	Zumba®/		(3-5yrs) 6:15-7			
7:00 pm			(6-12 yrs)	Family Zumba+			Active Kids		
	Open Swim	2 Lanes	6:30-8:00	6:30-7:30			7:00-7:45 CC		
8:00 pm	7:50-8:45	7:50-8:45							
8:30 pm									
9:00 pm	Lane		Teen/Adult	Adult					
9:30 pm	8:45-	10:30	Volleyball	Adult Basketball					
10:00 pm			(13+)	(16+)		Summer O	ıtdoor Classes		
10:30 pm			9:00-10:50	9:00-10:50			a (front lawn o		15-8-00nm
11:00 pm						Outdoor 10	ga (ironiciawii o	r City Hall) 7.	12 0.000111

FRIDAY

	Po	ool	Gy	/m	2nd Floor		Multi-Use		Mezzanine
			West	East		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am				Power Circuit					
6:30 am				6:00-6:45					
7:00 am	Lane	Swim							
7:30 am	6:00-	-9:00	C	C		Camp			
8:00 am			Camp 7:30-8:45	Camp 7:30-8:45		7:30-8:25			
8:30 am			7.30-0.43	7.30-0.43		Core Fusion			
9:00 am		uafit	Games Galore			8:30-9:00	A -45 - 1/5 d -		
9:30 am	9:10	-9:55	(6-12yrs)	H.I.I.T.	Cyclefit	Active Kids	Active Kids		Gravity
	Family Swim+		9:00-10:00	9:15-10:15	9:30-10:30	(3-5yrs)	(3-5yrs) 9:00-11:00 D		9:30-10:15
10:30 am	10:15-11:15	2 Lanes	Super Sports			9:00-11:00	5.00-11.00 D		
11:00 am	Aquafit Mod.	10:15-12:00	(6-12yrs)	Gentle Dance		Camp			
11:30 am	11:15-12:00		10:00-11:00	10:45-11:30		11:15-12:00			
12:00 pm		Swim						Camp	
12:30 pm	12:00-	-12:55						7:00-6:00	
1:00 pm	Open/Ca								Gravity
1:30 pm		-2:10		eball					1:15-2:00
2:00 pm		Aquafit Mod./2 Lanes		-3:00					
2:30 pm	2:15-	-3:00							
3:00 pm	Camp Swim			Child Care					
3:30 pm	3:00-4:00	3 Lanes	Camp	3:00-4:00					
4:00 pm		3:00-4:55	3:00-5:00			Camp			Family Track
4:30 pm						3:00-6:00			4:00-5:00
5:00 pm	Lessons (R)			ndo (R)					
5:30 pm	4:15-7:15	Lessons (R)		5:15-6:00					
6:00 pm		5:00-7:15		ondo (R)					
6:30 pm			(10-15yrs)	6:15-7:00					
7:00 pm					Dunal W	aalu Cantar	whou 2 Cou	tombou 0	2010
7:30 pm		Swim -9:00			break W	eek: septer	nber 3 -Sep	itemper 9,	2018.
8:00 pm	7:20-	-9:00			All Childre	en/Youth Pro	gramming a	nd Swimmi	na Lessons
8:30 pm							asses, Pool ar		
9:00 pm	Lane	Swim					er schedule. F		
9:30 pm	9:00-	10:30	Adult Bask	etball (16+)					
10:00 pm				10:50			ery and locat		programs
10:30 pm			9:00-	10.50	hegin Monday September 10, 2018				

+Adult participation is required.

(R) Registered Programs

+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

SATURDAY

	Po	ol	Gy	/m	2nd Floor	Multi-Use Me			Mezzanine
			West	East		A/B/C	D/Child Care	F	
7:00 am									
7:30 am	Lane	Cuina							
8:00 am	7:30-			Group Power®	Cyclefit	Yoga			Gravity
8:30 am	7.50	0.55		8:00-9:00	Advanced	8:00-8:45			8:15-9:00
9:00 am			C	Cardio Mix	8:00-9:15	A -45 1/5 d -	Active Kids		
9:30 am		(D)	Super Sports (6-12yrs)	9:15-10:00		Active Kids (3-5yrs)	(3-5yrs)		
10:00 am	Lesso 9:00-		9:00-11:00	Core Training		9:00-11:00	9:00-11:00		
10:30 am	2.00	12.00	3100 11100	10:00-10:15		3100 11100	Child Care		
11:00 am				Zumba®	Queenax Circuit				
11:30 am	Lessons / 2 Lan	es 11:30-12:00		11:00-12:00	11:00-11:45				
12:00 pm	Lane								
12:30 pm	12:00-	-12:55							
1:00 pm	Birthday	Family							
1:30 pm	Party	Swim+		Birthday Party		Disabada			
2:00 pm	1:00-2:30	1:00-2:30		12:30-3:30		Birthday Party			Family Track+
2:30 pm						12:30-4:30			1:00-4:00
3:00 pm								Aquatic	
3:30 pm	Open Swim							Enrichment	
4:00 pm	2:30 - 6:00	2 Lanes						(R) 3:00-4:30	
4:30 pm	2.50 0.00	2:30-7:00							
5:00 pm									
5:30 pm									
	Family Swim+								
6:30 pm	6:00-7:00								
7:00 pm	Lane								
7:30 pm	7:00-	-8:00				Family Fun, Babysitting Course and			
8:00 pm				Basketball			ne Course. Visit		
8:30 pm			(13yrs+)	8:00-8:50		ħ	or dates and m	ore informatio	n.
Legend: 13+ yrs. Program** Supervised Program Open							Open		

SUNDAY

	Pool				2nd Floor	Multi-Use			Mezzanine
			West	East		A/B/C	D/Child Care	F	
7:00 am									
7:30 am	lana.	Swim							
8:00 am		-9:00							
8:30 am	7.50	5.00							
9:00 am		/2 Lanes	Super Sports	Step	Cyclefit		Active Kids		
9:30 am	9:10	-9:55	(6-12yrs)	9:15-10:00	9:00-10:00		(3-5yrs)		
10:00 am			9:00-10:30	Group Power®			9:00-10:30		
10:30 am		ns (R)		10:10-11:10			Child Care		
11:00 am	10:00-11:45 Family Gym+	10:00-11:45							
11:30 am				Family Bounce/					
12:00 pm	Lessons/2 Lanes 11:45-12:20		10:45-1:00	Gym+					
12:30 pm	Lane Swim	12:25-12:55		11:30-12:30					
1:00 pm	Birthday	Family							
1:30 pm	Party	Swim+		Birthday		Disabilities			
2:00 pm	1:00-2:30	1:00-2:30		Party		Birthday Party			Family Track+
2:30 pm		Swim		1:00-3:30		12:30-4:30			1:00-4:00
3:00 pm	2:30	-3:30							
3:30 pm									
4:00 pm		Swim							
4:30 pm	3:30	-5:30							
5:00 pm									

Holiday Pool Schedule

Lane Swim 7:30-10:00am Family Swim+/2 Lanes 10:00am-12:00pm Lane Swim 12:00-12:55pm

Open Swim 1:00-3:00pm Family Swim+/2 Lanes 3:00-4:00pm Lane Swim 4:00-5:00pm

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

Child Minding
Fees: Hourly fee per child \$3.25 Monthly Pass per child \$42 (20) 30-Minute Punch Card \$31

Monday to Sunday 9:00am-12:00pm Monday to Thursday 5:15-8:00pm

SWIM LESSON SCHEDULE (Members only)Registration required for all classes except L'il Dippers 1 and Adult/Teen Learn to Swim

registration	required to	ii aii ciasses (except Lii Di	ippers i ario	Addity ICCI	LCairi to 5v	VIIII
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
L'il Dippers 1 (6mths-5yrs) Splashers, Bubblers	6:05-6:35pm	10:00-10:30am	4:20-4:50pm	10:30-11:00am 5:30-6:00pm		10:15-10:45am	10:40-11:10am
L'il Dippers 2 (3-5 years) Bobbers, Floaters, Gliders, Divers, Surfers, Dippers	4:20-4:50pm 5:30-6:00pm 6:05-6:35pm	10:30-11:00am 11:00-11:30am 4:20-4:50pm 6:05-6:35pm 6:40-7:10pm	4:20-4:50pm 5:30-6:00pm 6:40-7:10pm	4:20-4:50pm 5:30-6:00pm 6:05-6:35pm	4:20-4:50pm 6:05-6:35pm	9:05-9:35am 11:25-11:55am	10:40-11:10am 11:50am-12:20pm
Learn to Swim & Stars (6 yrs +) Otter, Seal, Dolphin, Swimmer, Star 1-4	4:55-5:25pm 6:40-7:10pm	4:55-5:25pm 5:30-6:00pm 7:15-7:45pm	4:55-5:25pm 6:05-6:35pm	4:55-5:25pm 6:40-7:10pm 7:15-7:45pm	4:55-5:25pm 5:30-6:00pm 6:40-7:10pm	9:40-10:10am 10:15-10:45am 10:50-11:20am	10:05-10:35am 11:15-11:45am
Star Leadership Star 5-7	4:55-5:55pm	6:05-7:05pm 7:15-8:15pm	4:55-5:55pm	6:40-7:40pm	5:30-6:30pm	9:05-10:05am	10:40-11:40am
Teen Learn to Swim (13+ yrs)			8:30-9:00pm	6:05-6:35pm			nbership Desk
Adult Learn to Swim		10:00-10:30am	8:30-9:00pm	10:00-10:30am		for information of Swimming Le	

Walker Family YMCA

ymcaofniagara.org

25 YMCA Drive St. Catharines, ON L2N 7P9 T: 905 934 9622 Visit our website

Building Hours

Monday - Friday 5:15am - 11:00pm Saturday 7:00am - 9:00pm Sunday & Holidays 7:00am - 6:00pm (unless otherwise stated)

Note: Advance sign up is required for Cyclefit, Queenax Circuit, and Gravity classes. Gym Fitness Classes and Child and Youth Programs require 15 minutes before and after scheduled time for setup/tear down

Walker Family 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 inerests 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 purcha

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+)	\$77.50
Family Plus (Adult Only 18+)	\$143
Family Plus with Kids	\$159
Family Plus Grandparent	+\$71.50

^{*}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
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 \$150 per Membership Plus/Family Plus

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 Gravity, Queenax Circuit and 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 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.

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.

ymcaofniagara.org

facebook.com/ymcaniagara
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Building healthy communities