Niagara West YMCA SUMMER SCHEDULE

July 2, 2018-September 9, 2018

MONDAY

	Po	ol		Gym		Studio	Mult	i-Use	Other
	Lane	Leisure	1	2	3		А	В	С
6:00 am									
6:30 am									
7:00 am	Lane Swim								
7:30 am	6:00-9:10								
8:00 am									
8:30 am								mp 10:00	
9:00 am	Aquafit		Games	Stre	ngth		7.50-	10.00	Child Minding
9:30 am	9:15-10:00		Galore	9:15-	10:00	Cyclefit			9:00-11:30
10:00 am	Camp/		(6-12 yrs)	Zun	nba®	9:30-10:15	Yo	qa	Active Kids
10:30 am	Open Swim/		9:00-11:00	10:15	-11:00		10:15	-11:00	(3-5 yrs)
11:00 am	1 Lane			Line D	ancing				9:00-11:00 C
11:30 am	10:00-11:55				-12:00				
12:00 pm	Lane Swim	Open Swim 8:00-4:25							
12:30 pm	12:00-12:55	0.00-4.23							
1:00 pm	Camp/Open								
1:30 pm	Swim/1 Lane							mp 5-4:30	
2:00 pm	1:00-2:10						11:13	5-4:50	
2:30 pm	Aquafit (Moderation)		Camp						
3:00 pm	2:15-3:00		2:00-4:00						Family Track 3:30-5:30
3:30 pm	Lane Swim								5.50-5.50
4:00 pm	3:05-4:25								
4:30 pm			Family Bounce+						Camp 4:30-6:00 C
5:00 pm		(2)	4:45-5:15						4.50-0.00 C
5:30 pm	Lesso 4:30-			On the Ba	ll 5:30-6:00		Active Kid	ds (3-5 yrs)	Child Minding
6:00 pm	4.30	-7.00	Games Galore	STRONG L	oy Zumba®	Cyclefit	5:30	-6:30	5:30-8:00
6:30 pm			(6-12 yrs) 5:30-7:30		-7:15	6:00-6:45	Games Galo	ore (6-12 yrs)	Active Kids
7:00 pm	Open Swim		5.507.50	Ba	irre			-7:30	(3-5 yrs)
7:30 pm		Open Swim		7:30	-8:15				6:30-7:30 C
8:00 pm	Aquafit 7:30-8:15	7:00-8:30					Yc	ga	
8:30 pm	Lessons/Lane							-9:00	
	Swim 8:15-8:45			Adult B	asketball				
9:30 pm	Lane Swim			8:30-	10:00				
10:00 pm	8:45-10:00								

TUESDAY

	Po	lool		Gym		Studio	Mult	i-Use	Other
	Lane	Leisure	1	2	3		А	В	С
6:00 am									
6:30 am									
7:00 am	Lane Swim								
7:30 am	6:00-9:10								
8:00 am									
8:30 am									
9:00 am	Aquafit				Circuit				
9:30 am	9:15-10:00				10:00			Child	
10:00 am	Camp/	Open Swim		Abs Blast 1	0:05-10:20				Minding
	Open Swim/	8:00-1:00			0/20				9:00-11:30
11:00 am	1 Lane			10:30	-11:30				
11:30 am	10:00-11:55							mp	
12:00 pm	Lane Swim						7:30	-4:30	
12:30 pm	12:00-12:55				eball				
1:00 pm				12:00)-2:00				
1:30 pm	Communi						_		
2:00 pm	1:00-	-3:00							
2:30 pm			Camp						Family Track
3:00 pm	Lane Swim	Open Swim	2:00-4:00						3:30-5:30
3:30 pm	3:05-4:25	3:05-4:25							
4:00 pm									Camp
4:30 pm									4:30-6:00 C
5:00 pm	Lesso	inc (R)							
5:30 pm	4:30-		Games Galore					ds (3-5 yrs)	Child Minding 5:30-8:00
6:00 pm			(6-12 yrs)		Power®	Cyclefit		-6:30	5:30-8:00
6:30 pm			5:30-7:30		-7:00	6:00-6:45		ore (6-12 yrs)	Active Kids
7:00 pm		Open Swim			.I.T.		6:30	-7:30	(3-5 yrs)
7:30 pm	7:00-7:25	7:00-8:30		7:15	-8:00				6:30-7:30 C
	Aquafit 7:30-8:15							Fusion	
8:30 pm				Adult V	olleyball		8:15	-9:00	
9:00 pm	Lane Swim			8:15-					
9:30 pm	8:20-10:00								
10:00 pm									

SATURDAY

	Po	ol		Gym		Studio	Mult	i-Use	Other															
	Lane	Leisure	1	2	3		A	В	С															
7:00 am																								
7:30 am																								
8:00 am	Lane Swim 7:30-8:55																							
8:30 am	7.50-0.55					Cyclefit																		
9:00 am			Games Galore	Group	Power [®]	8:30-9:15	Active Kic	ds (3-5 yrs)	Child Minding															
9:30 am		(6-12 yrs) 9:15-10:15		10:15		9:00-	10:00	9:00-11:30																
10:00 am	Lesso	ns (R)	9:00-10:00	St	ер		Games Galo	ore (6-12 yrs)	Active Kids															
10:30 am	9:00-	12:00		10:30	-11:15		10:00	-11:00	(3-5 yrs)															
11:00 am									10:00-11:00 0															
11:30 am			Family Bounce+																					
12:00 pm	Lane Swim		11:15-12:00																					
12:30 pm	12:05-12:55																							
1:00 pm								Birthday																
1:30 pm		Open Swim	Party 12:30-2:30						Family Track+															
2:00 pm	Open Swim	12:00-4:00	12.50 2.50				Birthday Party 12:30-4:30		12:00-4:00															
2:30 pm	1:00-4:00																							
3:00 pm																								
3:30 pm																								
4:00 pm																								
4:30 pm	Lessons (R)																							
5:00 pm	4:00-6:00	Family Swim+																						
5:30 pm		4:00-7:00																						
6:00 pm	Land Carlos					abysitting Cou																		
6:30 pm	Lane Swim 6:00-7:30			V	isit www.ymca	ofniagara.org f	or dates and m	ore informati	on.															
7:00 pm	0.007.30																							
7:30 pm																								
8:00 pm																								
Legend	:	13+yr Open	s Program		oation is r		ervised P	0	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) **13-15 yr old can access Fitness Centre and classes after completing youth orientation

SUNDAY

	Ро	ol		Gym		Studio	Mult	i-Use	Other	Registration r	equired fo	r all classes	except L'il I	Dippers 1 a	nd Adult/1	Teen Learn t	o Swim
	Lane	Leisure	1	2	3		A	В	С	Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am 7:30 am 8:00 am										L'il Dippers 1 (6mths-3yrs) Splashers, Bubblers	6:00-6:30pm	5:30-6:00pm		4:30-5:00pm		10:00-10:30am	
8:30 am 9:00 am 9:30 am									Child	L'il Dippers 2 (3-5 yrs) Bobbers, Floaters, Gliders,	4:30-5:00pm 5:30-6:00pm	4:30-5:00pm 6:00-6:30pm	4:30-5:00pm 6:00-6:30pm	4:30-5:00pm	4:30-5:00pm 5:30-6:00pm	9:00-9:30am	
10:00 am 10:30 am 11:00 am	Open Swim /						Yo 10:15	ga 11:00	Minding 9:00-11:30	Divers, Surfers, Dippers	6:00-6:30pm	6:30-7:00pm	6:30-7:00pm	6:00-6:30pm	6:30-7:00pm	11:00-11:30am	
11:30 am 12:00 pm 12:30 pm	Lane Swim	Open Swim 9:00-3:30		Family Pi	ickleball+					Learn to Swim & Stars (6 yrs +) Otter, Seal, Dolphin,	5:00-5:30pm 6:30-7:00pm	5:00-5:30pm 5:30-6:00pm	5:00-5:30pm 5:30-6:00pm	5:00-5:30pm 5:30-6:00pm 6:30-7:00pm	5:00-5:30pm 6:00-6:30pm	9:30-10:00am 10:00-10:30am 11:30am-12:00pm	
1:00 pm 1:30 pm	On an Curim (Birthday Party 12:30-2:30		5-2:00			b .	Family Track+ 12:00-4:00	Swimmer, Star 1-4 Star Leadership	5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	5:00-6:00pm	6:00-7:00pm	10:30-11:30am	
2:00 pm 2:30 pm 3:00 pm	1 Lane 1:00-4:00						Birthda 12:30	y Party -4:30	12.00-4.00	Star 5-7 Teen Learn to Swim (13+ yrs)	6:00-7:00pm 5:30-6:00pm		8:15-8:45pm		Visit the	e Membership D	
3:30 pm 4:00 pm 4:30 pm	Lessons (R) 4:00-5:30	Family Swim+ 3:30-5:00								Adult Learn to Swim	8:15-8:45pm		8:15-8:45pm			n on Private Swi quatics Leader (
5:00 pm										Break Week	• Sentemb	er 3 to Ser	ntember 9	2018			

Holiday Pool Schedule

L	LANE POOL							
Lane Swim 7:30-9:55am Open Swim 10:00-11:55am Lane Swim 12:00-12:55pm	Open Swim/1Lane 1:00-4:00pm Lane Swim 4:00-5:00pm	Open Swim 8:00am-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

	Open Swim/		9:00-11:00	10:15	-11:00		10:15	-11:00	(3-5 yrs)
11:00 am	1 Lane				ancing				9:00-11:00 C
11:30 am	10:00-11:55	Open Swim		11:15	-12:00				
12:00 pm	Lane Swim	8:00-4:25							
12:30 pm	12:00-12:55								
1:00 pm							Ca	mp	
	Swim/1 Lane 1:00-2:10							5-4:30	
2:00 pm									
	Aquafit (Moderation)		Camp						Family Track
3:00 pm	2:15-3:00		2:00-4:00						3:30-5:30
3:30 pm	Lane Swim								
4:00 pm	3:05-4:25								Camp
4:30 pm			Family Bounce+						4:30-6:00 C
5:00 pm	Lesso	ns (R)	4:45-5:15						
5:30 pm		-7:00	Games Galore		l 5:30-6:00			ls (3-5 yrs)	Child Minding
6:00 pm			(6-12 yrs)		y Zumba®	Cyclefit		-6:30	5:30-8:00
6:30 pm			5:30-7:30	6:15	-7:15	6:00-6:45		ore (6-12 yrs)	Active Kids
7:00 pm					rre		0.50	-7:30	(3-5 yrs)
7:30 pm	7:00-7:25	Open Swim			rre -8:15				(3-5 yrs) 6:30-7:30 C
7:30 pm 8:00 pm	7:00-7:25 Aquafit 7:30-8:15	Open Swim 7:00-8:30					Yo	iga	
7:30 pm 8:00 pm 8:30 pm	7:00-7:25 Aquafit 7:30-8:15 Lessons/Lane			7:30	-8:15		Yo		
7:30 pm 8:00 pm 8:30 pm 9:00 pm	7:00-7:25 Aquafit 7:30-8:15 Lessons/Lane Swim 8:15-8:45			7:30 Adult B	-8:15 asketball		Yo	iga	
7:30 pm 8:00 pm 8:30 pm 9:00 pm 9:30 pm	7:00-7:25 Aquafit 7:30-8:15 Lessons/Lane Swim 8:15-8:45 Lane Swim			7:30 Adult B	-8:15		Yo	iga	
7:30 pm 8:00 pm 8:30 pm 9:00 pm	7:00-7:25 Aquafit 7:30-8:15 Lessons/Lane Swim 8:15-8:45			7:30 Adult B	-8:15 asketball		Yo	iga	
7:30 pm 8:00 pm 8:30 pm 9:00 pm 9:30 pm 10:00 pm	7:00-7:25 Aquafit 7:30-8:15 Lessons/Lane Swim 8:15-8:45 Lane Swim	7:00-8:30		7:30 Adult B	-8:15 asketball		Yo	iga	

setup/tear down.

	Po	ol		Gym		Studio	Mult	i-Use	Other
	Lane	Leisure	1	2	3		А	В	С
6:00 am									
6:30 am									
7:00 am	Lane Swim								
7:30 am	6:00-9:10								
8:00 am							<i>C</i> -		
8:30 am				Gentle Stre	tch 8:30-9:00			mp 10:00	
9:00 am			Games		ength		7.50	10.00	Child Minding
9:30 am	9:15-10:00		Galore	9:15	-10:00	Cyclefit			9:00-11:30
10:00 am			(6-12 yrs)		arre	9:30-10:15		oga	Active Kids
	Open Swim/		9:00-11:00	10:15	5-11:00		10:15	-11:00	(3-5 yrs)
11:00 am	1 Lane								9:00-11:00 C
11:30 am	10:00-11:55	Open Swim							
12:00 pm		8:00-4:25							
12:30 pm									
1:00 pm							G	mp	
	Swim/1 Lane							5-4:30	
2:00 pm									
	Aquafit (Moderation)		Camp						
3:00 pm			2:00-4:00						
3:30 pm									Family Track+
4:00 pm									3:30-5:30
4:30 pm									
5:00 pm		ns (R)							Camp
5:30 pm		-7:00							4:30-6:00 C
6:00 pm									
6:30 pm 7:00 pm		Culture							
7:30 pm		Swim+ -8:00							
	Open Swim/1								
	Lane 8:00-8:55								
9:00 pm									
9:30 pm	Lane Swim								
10:00 pm	9.00-10.00								
.0.00 pm		I	I					I	

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

WEDNESDAY

	Ро	ol		Gym		Studio	Mult	i-Use	Other			Po	Pool	Pool	Pool Gym	Pool Gym	Pool Gym Studio	Pool Gym Studio Mult	Pool Gym Studio Multi-Use
	Lane	Leisure	1	2	3		А	В	C			Lane							
) am											6:00 am								
:30 am											6:30 am								
	Lane Swim								_	-	7:00 am								
7:30 am	6:00-9:10										7:30 am								
8:00 am 8:30 am				Gentle Fit	0.20 0.00			mp			8:00 am 8:30 am								
9:00 am	Aquafit			Gentie Fit			7:30-	10:00	Child Minding		9:00 am								
9:30 am	9:15-10:00		Games Galore	9:15-		Cyclefit			9:00-11:30		9:30 am		Addite and Addute	Addune Addune	strong and strong a	Sinong by Earling	Shorte by Eulipa	strong by Earling	Short By Zumba
10:00 am	Camp/		(6-12 yrs)	Group		9:30-10:15	Yo	ga	A		10:00 am								
	Open Swim/		9:00-11:00	10:00-			10:15	-11:00	Active Kids (3-5 yrs)			10:30 am Open Swim/							
11:00 am	1 Lane			Ba					9:00-11:00 C		11:00 am	11:00 am 1 Lane	11:00 am 1 Lane	11:00 am 1 Lane	11:00 am 1 Lane 10:30	11:00 am 1 Lane 10:30-11:30	11:00 am 1 Lane 10:30-11:30	11:00 am 1 Lane 10:30-11:30	11:00 am 1 Lane 10:30-11:30
11:30 am	10:00-11:55	Open Swim		11:15-	12:00						11:30 am	11:30 am 10:00-11:55	11:30 am ^{10:00-11:55}	11:30 am ^{10:00-11:55}	11:30 am ^{10:00-11:55}	11:30 am ^{10:00-11:55}	11:30 am ^{10:00-11:55}		Calip
	Lane Swim	8:00-4:25										12:00 pm Lane Swim							
	12:00-12:55																		
1:00 pm	Camp/Open						Cai	mp			1:00 pm				noopin				
	Swim/1 Lane 1:00-2:10						11:15		L	-	1:30 pm						1	· · · · · · · · · · · · · · · · · · ·	,
2.00 pm											2:00 pm	2100 pill	2100 pm	zioopini	2.00 pm				
2:30 pm / 3:00 pm	Aquafit (Moderation) 2:15-3:00		Camp 2:00-4:00						Family Track		2:30 pm 3:00 pm								
	Lane Swim		2.00 4.00						3:30-5:30		3:30 pm	2,20 pm Lane Swim	2,20 pm Lane Swim Open Swim	2:20 pm Lane Swim Open Swim	2:20 pm Lane Swim Open Swim	2.20 pm Lane Swim Open Swim	2.20 pm Lane Swim Open Swim	220 nm Lane Swim Open Swim	2:20 pm Lane Swim Open Swim
4:00 pm	3:05-4:25										4:00 pm								
4:30 pm			Family Bounce+						Camp		4:30 pm		· · ·	· · · · · · · · · · · · · · · · · · ·					
5:00 pm			4:45-5:15						4:30-6:00 C		5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm
5:30 pm	Lessor 4:30-						Active Kid		Child Minding		5:30 pm		5:30 pm 4:30-7:00	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm Active Kid	5:30 pm Active Kids (3-5 vrs)
6:00 pm	4.30-	7.00	Games Galore (6-12 yrs)			Cyclefit	5:30	-6:30	5:30-8:00		6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm (6-12 yrs) Group	6:00 pm (6.12)rrs) Group Power®	6:00 pm (6.12 yrs) Group Power®	6:00 pm Games Galore Group Power® 5:30	6:00 pm Games Galore Group Power® 5:30-6:30
6:30 pm			5:30-7:30	STRONG b		6:00-6:45	Games Galo		Active Kids		6:30 pm			6:30 pm 5:30-7:30	6:30 pm 5:30-7:30 0.00	6:30 pm 5:30-7:30	6:30 pm 5:30-7:30 0.00-7.00	6:30 pm 5:30-7:30 6.00-7.00 Games Galo	6:30 pm 5:30-7:30 6:00-7:00 Games Galore (6-12 yrs)
	Open Swim 7-7:25	Open Swim		6:15-	7:15		6:30	-7:30	(3-5 yrs)		7:00 pm			7:00 pm	7:00 pm H.I	7:00 pm HILLT.	7:00 pm HILLT	7:00 pm 0 m 6 m 6 m 6 m 6 m 6 m 6 m 6 m 6 m 6	7:00 pm Que Suite Que Suite HLLT. 6:30-7:30
	Aquafit 7:30-8:15	7:00-8:30							6:30-7:30 C		7:30 pm	7:30 pm	7:30 pm 7:00-8:25 7:00-8:25	7:50 pm 2:00-8:25 2:00-8:25	7:30 pm 7:00-8:25 7:00-8:25	7:30 pm 7:00-8:25 7:00-8:25 7:00-8:25	7:30 pm 7:00-8:25 7:00-8:25 7:00-8:25	7:30 pm 7:00-8:25 7:00-8:25	7:50 pm 7:00-8:25 7:00-8:25 7:00-8:25
	Lessons/Lane										8:00 pm								
	Swim 8:15-8:45			Adult Ba	sketball						8:30 pm							Adult//allouball	AdultVallauball
9:00 pm	Lane Swim			8:00-							9:00 pm 9:30 pm				9:00 pm Lane Swim 8:15-	9:00 pm Lane Swim 8:15-10:00	9:00 pm Lane Swim 8:15-10:00	9:00 pm Lane Swim 8:15-10:00	9:00 pm Lane Swim 8:15-10:00
9:30 pm	8:45-10:00										9:30 pm 10:00 pm								
0:00 pm											10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm



THURSDAY

SWIM LESSON SCHEDULE (Members only)

ak 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.

Niagara West YMCA 325 Main Street E. Grimsby, ON L3M 1R1 T: 905 309 9622 Visit our website ymcaofniagara.org

Building Hours

Monday - Friday 5:30am - 10:30pm Saturday 7:00am - 8:00pm Sunday & Holidays 7:00am-6:00pm (unless otherwise stated)

Niagara West 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 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

vmcaofniagara.org

facebook.com/ymcaniagara Twitter.com/ymcaniagara

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)	\$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 (2adults, 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 \$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

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.

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

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 lifequard on duty.

Community Rentals

Please call the branch for information regarding community rentals.