

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

# WINTER/SPRING SCHEDULE

January 7 - June 23, 2019

# MONDAY

	Pool		Gym			Main Floor	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	Aguafit 8	3:30-9:15						
9:00 am 9:30 am	Aquafit M 9:15-				io Mix 10:00			
10:00 am 10:30 am 11:00 am 11:30 am	Family Swim+ 10:00-12:00		tle Fit -11:05					
12:00 pm 12:30 pm	Lane 12:00							
1:00 pm 1:30 pm 2:00 pm 2:30 pm	Open Swim 1:00-3:00	2 Lanes 1:00-3:00						
3:00 pm 3:30 pm 4:00 pm	Group/ 3:00-		Family Track+					
4:30 pm 5:00 pm 5:30 pm 6:00 pm 6:30 pm	Lesso 4:15	ns (R) -7:05	4:00-5:15 Active Kids (3-5yrs) 5:30-6:00 Super Sports (6-12yrs) 5:30-6:00	Group Power® 5:30-6:30	Yoga (upstairs) 6:00-7:00	Cyclefit 5:30-6:15	Fun Factory	Busy Buds
7:00 nm	Open Swim 7:15-8:15	One Lane 7:15-8:15	Registered Sport (6-12yrs) 6:15-7:00		Karate -8:00		(6-12yrs) 6:00-7:30	(3-5yrs) 6:00-7:30
8:30 pm 9:00 pm 9:30 pm	Lane Swim							
10:00 pm								

# **TUESDAY**

	Pool					Main Floor	Multi-Use
				1	2	1	2
6:00 am							
6:30 am	Lane	Ciaa					
7:00 am	6:00						
7:30 am	0.00	0.23					
8:00 am							
8:30 am	Aquafit 8						
9:00 am	Family Swim+	2 Lanes			Cyclefit		
9:30 am	/Lessons (R)	9:15-10:30		Zumba®	9:15-10:00		
10:00 am	9:15-10:30	3113 10130	D: 11 1 II	9:30-10:15			
10:30 am	Commun	ity Rentals	Pickleball 9:00-10:00 (learn to)	Yoga (upstairs)			
11:00 am	10:30	10:30-11:30	10:00-1:00 (learn to)	10:30-11:30			
11:30 am	Long	C t	10.00 1.00				
12:00 pm	Lane Swim 11:30-1:00						
12:30 pm							
1:00 pm	_			YMCA Program (R)			
1:30 pm	Open Swim	2 Lanes		1:00-2:00			
2:00 pm	1:00-3:00	1:00-3:00					
2:30 pm	1100 5100						
3:00 pm	C	21					
3:30 pm	Group/ 3:00-						
4:00 pm	5.00	7.13	Family Track+				
4:30 pm			4:00-5:15				
5:00 pm	Lesso		Family Bounce+				YMCA Program (R)
5:30 pm	4:15	-6:35	5:15-5:45	Strength			(upstairs)
6:00 pm			Active Kids (3-5yrs)	5:30-6:15		Fun Factory	5:00-8:00
6:30 pm	Aqu		6:00-6:45	Step	VMCA Decrease (D)	(6-12yrs) 6:00-6:45	Busy Buds (3-5yrs)
7:00 pm	6:45		Super Sports	6:20-7:20	YMCA Program (R) 6:30-8:00		6:45-7:30
7:30 pm	Open Swim	One Lane	(6-12yrs) 6:45-7:30		0.50 0.00		
8:00 pm	7:30-8:15	7:30-8:15					
8:30 pm	n (no slide)		Pickleball				
9:00 pm			7:45-9:45				
9:30 pm	8:15	-9:15					
10:00 pm							

#### WEDNESDAY

	Po					Main Floor	Multi-Use
				1	2	1	2
6:00 am							
6:30 am							
7:00 am	6:00	Swim 0.25					
7:30 am	0.00	-0.23					
8:00 am							
8:30 am	Aquafit 8	3:30-9:15					
9:00 am	Aquafit M	oderation	New to Pickleball	Group Power*			
9:30 am	9:15-	10:00	9:00-10:00	9:15-10:15			
10:00 am							
10:30 am	Family Swim+	Open Lane		Yoga (upstairs)			
11:00 am	3WIIII+ 10:00-12:00	10:00-12:00	Pickleball	10:30-11:30			
11:30 am	10.00 12.00	10.00 12.00	10:00-1:00				
12:00 pm	Lane	Swim					
12:30 pm	12:00	)-1:00					
1:00 pm	Communi	ity Rentals					
1:30 pm	1:00	-2:00					
2:00 pm	Open Swim	One Lane					
2:30 pm	2:00-3:00	2:00-3:00					
3:00 pm	C	21					
3:30 pm		up/2 Lanes :00-4:15 Family Track-					
4:00 pm	5.00	7.13	4:00-5:15				
4:30 pm			Family Bounce+				
5:00 pm	Lesso	ns (R)	4:45-5:15				
5:30 pm	4:15	-6:35	Active Kids	Barre 5:30-6:30	Cyclefit	Fun Factory	
6:00 pm			(3-5yrs)5:30-6:30	Yoga (upstairs)	5:30-6:15	(6-12yrs)5:30-6:30	Busy Buds (3-5yrs)
6:30 pm			Super Sports	5:30-6:30			6:30-7:30
7:00 pm	Open Swim	One Lane	(6-12yrs) 6:30-7:30	Family Karate 7:00-8:00			
7:30 pm	6:45-8:15	6:45-8:15		Intermediate Karate			
8:00 pm				8:00-8:30			
8:30 pm	Lane	Adult/Teen					
9:00 pm	Swim	Learn to Swim					
9:30 pm	8:15-9:15	8:15-8:45					
10:00 pm							

# **THURSDAY**

	Pool					Main Floor	Multi-Use		
				1	2	1	2		
6:00 am									
6:30 am	Lane	ct							
7:00 am	6:00-								
7:30 am	0.00	0.23							
8:00 am									
8:30 am	Aquafit 8	3:30-9:15							
9:00 am	Family	2 Lanes		Zumba®					
9:30 am		9:15-		9:00-9:45					
10.00 0111	9:15-10:30	10:30		Barre					
10:30 am	Communi			9:55-10:40					
11:00 am	10:30-	-11:30	Pickleball	Yoga (upstairs)					
11:30 am	Lane	Curim	10:00-1:00	10:30-11:30					
12:00 pm	11:30-1:00								
12:30 pm									
1:00 pm	Onon	2 Lanes		YMCA Program (R)					
1:30 pm	Open Swim					1:00-2:00			
	1:00-3:00	1:00-3:00							
2:30 pm									
3:00 pm	Group/	2 Lanes							
3:30 pm		4:15							
4:00 pm			Family Track+						
4:30 pm			4:00-5:15						
5:00 pm	Lesso 4:15-		Active Kids (3-5yrs) 6:00-6:30	D					
5:30 pm	4.13	-0.55		Bootcamp 5:30-6:00		Youth Leadership (R)			
6:00 pm 6:30 pm		c.	Super Sports (6-12yrs) 6:30-7:00	Group Power® 6:15-7:15		(10-17yrs) 6:00-7:30 (Upstairs)	0 0 1 (2.5 )		
	Aqu 6:45-		. , .	0.157.15			Busy Buds (3-5yrs) 6:30-7:30		
7:00 pm		7.30	Youth Leadership (R) (10-17yrs) 7:00-7:30			Fun Factory (6-12yrs) 6:00-6:30	0.30-7.30		
2:00 pm	Open Swim 7:30-8:15 (no slide)		Youth Gym			7:00-7:30			
8:30 pm			(13-17 yrs) 7:30-9:00						
9:00 pm	Lane	Swim	( )) / 150 5100						
9:30 pm	8:15-								
10:00 pm									
. o.co piii									

### **FRIDAY**

	Po	ool	Gym	Stud	dios	Main Floor	Multi-Use
				1	2	1	2
6:00 am							
6:30 am							
7:00 am	Lane	Swim -8:25					
7:30 am	0.00	-0.23					
8:00 am							
8:30 am	Aquafit 8	8:30-9:15					
9:00 am	Aguafit M	oderation		Strength			
9:30 am	9:15-	10:00		9:15-10:00			
10:00 am				Gentle Fit			
10:30 am	Family	2 Lanes		10:20-11:05			
11:00 am	Swim+ 10:00-12:00	10:00-12:00	Pickleball			V44C4 D (D)	
11:30 am	10.00 12.00		10:00-1:00			YMCA Program (R) 11:00-12:30	
12:00 pm	Lane	Swim				11.00-12.30	
12:30 pm	12:00	)-1:00					
1:00 pm	Commun	ity Rental					
1:30 pm	1:00-	-2:00					
2:00 pm	Open Swim	2 Lanes					
2:30 pm	2:00-3:00	2:00-3:00					
3:00 pm	C	<b>D.</b> I					
3:30 pm	Group/	2 Lanes -4:15					
4:00 pm	3.00	4.13	Family Track+				
4:30 pm			4:00-5:15				
5:00 pm		(D)					
5:30 pm	Lesso 4:15						
6:00 pm	7.13	7.00					
6:30 pm							
7:00 pm							
7:30 pm	Open Swim	One Lane					
8:00 pm	7:00-8:15	7:00-8:15					
8:30 pm	7.00 0.15						
9:00 pm	Lane						
9:30 pm	8:15	-9:15					
10:00 pm							

Group Fitness classes and child/youth programs require 15 minute set up and take down before and after the time listed on the schedule.

# **SATURDAY**

	Pool						Main Floo	r Multi-Use			
					1	2	1	2			
7:00 am											
7:30 am		Lane Swim									
8:00 am	7:00	7:00-8:55				Cyclefit					
8:30 am						8:00-8:45					
9:00 am					Group Power®		Busy Buds	Saturday Morning Club			
9:30 am			Va. da I		9:05-10:05		(3-5 yrs)	(6-12 yrs)			
10:00 am		ns (R)		eagues -1:00	Yoga (upstairs)		9:00-10:30	9:00-10:30			
10:30 am	9:00-	9:00-12:00		1.00	10:30-11:30						
11:00 am											
11:30 am											
12:00 pm	Lane										
12:30 pm	12:00	0-1:00									
1:00 pm	Family	1 Lane									
1:30 pm	Swim+ 1:00-2:00	1:00-2:00	1.00 2.00	1.00 2.00		Family	Youth				
2:00 pm	1:00-2:00		Track+	Leagues							
2:30 pm	Open	One Lane 2:00-4:00	1:00-4:00	1:00-4:00							
3:00 pm	Swim										
515 6 P111	2:00-4:00										
4:00 pm		Swim									
4:30 pm	4:00	-5:00	Youth I	.eagues							
5:00 pm				-6:00							
5:30 pm											
6:00 pm											
Legen	Legend: Adult (13+) Program** Supervised Program										
. 5											
	Open + Adult Participation is required (R) Registered Program										
+10-12 v	r old ca	an acces	s Fitnes	s Centre	and classes (ex	cludina Strenc	th 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 - Thurs 5:15 pm – 7:45 pm

Mon - Sat 9:00 am - 11:30 am

# SUNDAY

		Po					Main Floor	Multi-Use
					1	2	1	2
	7:00 am							
	7:30 am							
	8:00 am							
	8:30 am	7:00-	-10:00					
)	9:00 am		One Lane 10:00  2 Swim 0-1:00  One Lane 1:00-4:00			Cyclefit		
	9:30 am					9:15-10:00		
	10:00 am	Family						
	10:30 am	Swim+						
	11:00 am							
	11:30 am	12:00						
	12:00 pm		e Swim 0-10:00  One Lane 10:00- 12:00  e Swim 00-1:00  One Lane 1:00-4:00	District Destin				
	12:30 pm	12:00		Birthday Parties 12:00-2:00				
	1:00 pm	Family		12.00-2.00				
	1:30 pm	Swim+						
	2:00 pm	1:00-2:00	One Lane	From the Toronton				
	2:30 pm	Open	1:00-4:00	Family Track+ 1:00-4:00				
	3:00 pm	Świm		1.00 1.00				
	3:30 pm	2:00-4:00						
	4:00 pm							
	4:30 pm	4:00	1-5:00					
	5:00 pm							
	5:30 pm							
	6:00 pm							
	6:00 pm							

# **Holiday Pool Schedule**

Lane Swim	Family Swim	Lane Swim	Open Swim	Lane Swim
7:00-10:00am	10:00am-12:00pm	12:00-1:00pm	1:00- 2:30pm	2:30-3:30pm
	(one lane)		(one lane)	

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

# 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			
<b>L'il Dippers 1</b> (6mths-5yrs) Splashers, Bubblers	5:30-6:00pm	10:00-10:30am	6:05-6:35pm			10:15-10:45am			
L'il Dippers 2 (3-5 yrs) Bobbers, Floaters, Gliders, Divers, Surfers, Dippers	4:20-4:50pm 6:05-6:35pm	5:30-6:00pm 6:05-6:35pm	4:20-4:50pm 6:05-6:35pm	4:20-4:50pm 6:05-6:35pm	4:55-5:25pm 5:30-6:00pm	9:05-9:35am 11:25am-11:55pn			
Learn to Swim (6+ yrs) Otter, Seal, Dolphin, Swimmer	4:55-5:25pm	4:20-4:50pm	5:30-6:00pm	4:55-5:25pm	6:05-6:35pm	9:40-10:10am 10:50-11:20am			
Stars Star 1-4	5:30-6:00pm	4:55-5:25pm	4:55-5:25pm	5:30-6:00pm	4:20-4:50pm	10:15-10:45am			
Star Leadership Star 5-7	6:05-7:05pm	5:30-6:30pm				10:50-11:50am			
Adult/Teen Learn to Swim	9:30-10:00am 8:15-8:45pm Visit the Membership Desk for information on Private Swimming Lessons and Aquatic Leadership!								

Aquatic Leadership - Wednesday 5:30-6:30 Lifesaving Fitness - Friday 6:00-7:00

# Fort Erie E.J. Freeland YMCA

1555 Garrison Road Fort Erie, ON L2A 1P8 **T:** 905.871.9622 Visit our website ymcaofniagara.org

## **Building Hours:**

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





#### **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.

#### **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.

#### **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.



#### **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.

#### **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. Towel and locker service are available to add on to your membership.

#### **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 (1 minute of treading and a length of the pool). An adult/guarding must remain in the pool area (visual contact).
- 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 pass the facility swim test and be 42" tall to ride.

#### **Medical Conditions**

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

ymcaofniagara.org

facebook.com/ymcaniagara

twitter.com/ymcaniagara

Building healthy communities

<sup>\*</sup>Available at the Niagara Falls, EJ Freeland and Walker Family locations

<sup>\*\*</sup>Available at the Niagara West, Niagara Centre, Niagara Falls and Walker Family locations