



Fort Erie E.J. Freeland YMCA

FALL SCHEDULE

September 9, 2019



MONDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
6:00 am	Lane Swim 6:00-8:25					
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am	AquaFit 8:30-9:15					
9:00 am	AquaFit Moderation 9:15-10:00		Cardio Mix 9:00-10:00			
9:30 am			Gentle Fit 10:20-11:05			
10:00 am	Family Swim+ 10:00-12:00	2 Lanes 10:00-12:00	Pickleball 10:00-1:00			
10:30 am						
11:00 am						
11:30 am						
12:00 pm	Lane Swim 12:00-1:00					
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm	Group/2 Lanes 3:00-4:15					
3:30 pm						
4:00 pm		Family Track+ 4:00-5:15				
4:30 pm						
5:00 pm	Lessons (R) 4:15-7:05	Active Kids (3-5yrs) 5:30-6:00				
5:30 pm		Super Sports (6-12yrs) 5:30-6:00	Group Power* 5:30-6:30	Yoga (upstairs) 5:30-6:30		
6:00 pm		YMCA Program (R) (6-12yrs) 6:15-7:00			Fun Factory (6-12yrs) 6:00-7:30	Busy Buds (3-5yrs) 6:00-7:30
6:30 pm						
7:00 pm	Open Swim 7:15-8:15	One Lane 7:15-8:15				
7:30 pm						
8:00 pm						
8:30 pm	Lane Swim 8:15-9:15					
9:00 pm						
9:30 pm						
10:00 pm						

TUESDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
6:00 am						
6:30 am						
7:00 am						
7:30 am						
8:00 am	Open Swim 8:15-8:30					
8:30 am	AquaFit 8:30-9:15					
9:00 am	Family Swim+ (Lessons) (R) 9:15-10:30	2 Lanes 9:15-10:30				
9:30 am			Zumba* 9:30-10:15	Cyclefit 9:15-10:00		
10:00 am						
10:30 am	Community Rentals 10:30-11:30	Pickleball 9:00-10:00 (Learn to) 10:00-1:00	Yoga (upstairs) 10:30-11:30			
11:00 am						
11:30 am						
12:00 pm	Lane Swim 11:30-1:00					
12:30 pm						
1:00 pm			YMCA Program (R) 1:00-2:00			
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm	Group/2 Lanes 3:00-4:15					
3:30 pm						
4:00 pm		Family Track+ 4:00-5:15				
4:30 pm						
5:00 pm	Lessons (R) 4:15-6:35	Family Bounce+ 5:15-5:45				YMCA Program (R) (upstairs) 5:00-8:00
5:30 pm		Active Kids (3-5yrs) 6:00-6:45	Strength 5:30-6:15		Fun Factory (6-12yrs) 6:00-6:45	Busy Buds (3-5yrs) 6:45-7:30
6:00 pm		Super Sports (6-12yrs) 6:45-7:30				
6:30 pm	AquaFit 6:45-7:30					
7:00 pm						
7:30 pm	Open Swim 7:30-8:15 (no slide)	One Lane 7:30-8:15				
8:00 pm						
8:30 pm			Pickleball 7:45-9:45			
9:00 pm	Lane Swim 8:15-9:15					
9:30 pm						
10:00 pm						

WEDNESDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
6:00 am	Lane Swim 6:00-8:25					
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am	AquaFit 8:30-9:15					
9:00 am	AquaFit Moderation 9:15-10:00	New to Pickleball 9:00-10:00	Group Power* 9:15-10:15			
9:30 am						
10:00 am	Family Swim+ 10:00-12:00	2 Lanes 10:00-12:00	Pickleball 10:00-1:00	Yoga (upstairs) 10:30-11:30		
10:30 am						
11:00 am						
11:30 am						
12:00 pm	Lane Swim 12:00-1:00					
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm	Group/2 Lanes 3:00-4:15	Family Track+ 4:00-5:15				
3:30 pm						
4:00 pm						
4:30 pm	Lessons (R) 4:15-6:35	Family Bounce+ 4:45-5:15				
5:00 pm		Active Kids (3-5yrs) 5:30-6:30	Barre 5:30-6:15	Cyclefit 5:30-6:15	Fun Factory (6-12yrs) 5:30-6:30	Busy Buds (3-5yrs) 6:30-7:30
5:30 pm		Super Sports (6-12yrs) 6:30-7:30	Yoga (upstairs) 6:20-7:20			
6:00 pm						
6:30 pm	Open Swim 6:45-8:15	One Lane 6:45-8:15				
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm	Lane Swim 8:15-9:15	Adult/Teen Learn to Swim 8:15-8:45				
9:00 pm						
9:30 pm						
10:00 pm						

THURSDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
6:00 am						
6:30 am						
7:00 am						
7:30 am						
8:00 am	Open Swim 8:15-8:30					
8:30 am	AquaFit 8:30-9:15					
9:00 am	Family Swim+ 9:15-10:15	2 Lanes 9:15-10:30		Zumba* 9:00-9:45		
9:30 am						
10:00 am	Community Rentals 10:30-11:30	Pickleball 10:00-1:00		Barre 9:55-10:40		
10:30 am						
11:00 am						
11:30 am						
12:00 pm	Lane Swim 11:30-1:00					
12:30 pm						
1:00 pm						
1:30 pm					YMCA Program (R) 1:00-2:00	
2:00 pm						
2:30 pm						
3:00 pm	Group/2 Lanes 3:00-4:15					
3:30 pm						
4:00 pm		Family Track+ 4:00-5:15				
4:30 pm						
5:00 pm	Lessons (R) 4:15-6:35	Active Kids (3-5yrs) 6:00-6:30				
5:30 pm		Super Sports (6-12yrs) 6:30-7:00	Group Power* 6:00-7:00			
6:00 pm						
6:30 pm						
7:00 pm	Open Swim 6:45-8:15 (no slide)	One Lane 6:45-8:15	Youth Leadership (R) (10-17yrs) 7:00-7:30			
7:30 pm					Fun Factory (6-12yrs) 6:00-6:30 7:00-7:30	Busy Buds (3-5yrs) 6:30-7:30
8:00 pm			Youth Gym (13-17 yrs) 7:30-9:00			
8:30 pm						
9:00 pm	Lane Swim 8:15-9:15					
9:30 pm						
10:00 pm						

FRIDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
6:00 am	Lane Swim 6:00-8:25					
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am	AquaFit 8:30-9:15					
9:00 am	AquaFit Moderation 9:15-10:00		Instructors Choice 9:15-10:00			
9:30 am			Gentle Fit 10:20-11:05			
10:00 am	Family Swim+ 10:00-12:00	2 Lanes 10:00-12:00	Pickleball 10:00-1:00			
10:30 am						
11:00 am					YMCA Program (R) 11:00-12:30	
11:30 am						
12:00 pm	Lane Swim 12:00-1:00					
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm	Group/2 Lanes 3:00-4:15					
3:30 pm						
4:00 pm		Family Track+ 4:00-5:15				
4:30 pm						
5:00 pm	Lessons (R) 4:15-7:00					
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm	Open Swim 7:00-8:15	One Lane 7:00-8:15				
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm	Lane Swim 8:15-9:15					
9:30 pm						
10:00 pm						

SATURDAY

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
7:00 am	Lane Swim 7:00-8:55					
7:30 am						
8:00 am				Cyclefit 8:00-8:45		
8:30 am						
9:00 am			Group Power* 9:05-10:05		Busy Buds (3-5 yrs) 9:00-10:30	Saturday Morning Club (6-12 yrs) 9:00-10:30
9:30 am			Yoga (upstairs) 10:30-11:30			
10:00 am	Lessons (R) 9:00-12:00	Youth Leagues 8:00-1:00				
10:30 am						
11:00 am						
11:30 am						
12:00 pm	Lane Swim 12:00-1:00					
12:30 pm						
1:00 pm	Family Swim+ 1:00-2:00	1 Lane 1:00-2:00				
1:30 pm						
2:00 pm	Open Swim 2:00-4:00	One Lane 2:00-4:00	Family Track+ 1:00-4:00	Youth Leagues 1:00-4:00		
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm	Lane Swim 4:00-5:00					
4:30 pm						
5:00 pm		Youth Leagues 4:00-6:00				
5:30 pm						
6:00 pm						

Legend: Adult (13+) Program** Supervised Program
 Open + Adult Participation is required (R) Registered Program

+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.

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

Mon - Sat 9:00 – 11:30 am Mon - Thurs 5:15 – 7:45 pm

SUNDAY

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
7:00 am	Lane Swim 7:00-10:00						
7:30 am							
8:00 am							
8:30 am							
9:00 am						Cyclefit 9:15-10:00	
9:30 am							
10:00 am	Family Swim+	One Lane 10:00- 12:00					
10:30 am	10:00- 12:00						
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00		Birthday Parties 12:00-2:00				
12:30 pm							
1:00 pm	Family Swim+	One Lane 1:00-4:00	Family Track+ 1:00-4:00				
1:30 pm	1:00-2:00						
2:00 pm							
2:30 pm	Open Swim						
3:00 pm	2:00-4:00						
3:30 pm							
4:00 pm	Lane Swim 4:00-5:00						
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:00 pm							



Fort Erie E.J. Freeland 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;
- 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.

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/guardian 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



Building healthy communities