



Walker Family YMCA

FALL SCHEDULE

September 9 - December 22, 2019

MONDAY

	Pool		Gym		2nd Floor	Multi-Use			Mezzanine
			East	West		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am	Lane Swim 6:00-9:00								Gravity 6:15-7:00
6:30 am									
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am	AquaFit 9:10-9:55	Active Kids (3-5yrs) 9-10	STRONG by Zumba® 9:15-10:15	Cyclefit 9:30-10:30		Active Kids (3-5) 9:30-11:00	Active Kids 9:30-11:00 D		Gravity 9:30-10:15
10:00 am									
10:30 am	Family Swim+ 10:00-12:00	2 Lanes 10:00-12:00	EarlyON 11:00-12:00	Gentle Circuit 10:45-11:30					Community Group 11:00-12:00
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:00-12:55				Queenax Circuit 12:15-1:00				
12:30 pm									
1:00 pm	Open Swim/2 Lanes 1:00-2:10					Gentle Yoga 1:10-1:55			Gravity 1:15-2:00
1:30 pm									
2:00 pm	AquaFit/2 Lanes 2:15-3:00								
2:30 pm									
3:00 pm	Lane Swim 3:00-4:15			Child Care 3:00-4:00					
3:30 pm									
4:00 pm									
4:30 pm		3 Lanes 4:15-4:55							
5:00 pm	Lessons (R) 4:15-7:10	Active Kids (3-5yrs) 5:15-6:00	Step 5:30-6:15	Cyclefit 5:30-6:30		Fun Factory (6-12yrs) 5:15-6:00			Gravity Circuit 5:30-6:15
5:30 pm		Lessons (R) 5:00-7:10							
6:00 pm		Super Sports (6-8yrs) 6:00-6:45	Group Power® 6:30-7:30			Games Galore (9-12yrs) 6:00-6:45	Active Kids (3-5yrs) 6:00-7:00 D		
6:30 pm									
7:00 pm	Open Swim/Lessons (R) 7:15-7:40	YMCA Program (R) 7:30-8:15							
7:30 pm									
8:00 pm	AquaFit/2 Lanes 7:45-8:30								
8:30 pm									
9:00 pm	Lane Swim 8:30-10:00								
9:30 pm									
10:00 pm									
10:30 pm									
11:00 pm									

TUESDAY

	Pool		Gym		2nd Floor	Multi-Use			Mezzanine
			East	West		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am	Lane Swim 6:00-9:00								
6:30 am					Cyclefit 6:00-7:00				
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am	AquaFit 9:10-9:55	Active Kids (3-5yrs) 9-10	Step 9:15-10:00						
9:30 am									
10:00 am	Lessons (R) 10:00-11:30	2 Lanes 10:00-12:00	Group Power® 10:10-11:10			Active Kids (3-5) 9:30-11:00	Active Kids 9:30-11:00 D		
10:30 am									
11:00 am	Family Swim+ 11:30-12:00		Gentle Balance & Stretch 11:30-12:15						
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm									
1:00 pm	Open Swim/2 Lanes 1:00-2:10					Yoga 1:10-1:55			
1:30 pm									
2:00 pm	AquaZumba/2 Lanes 2:15-3:00								
2:30 pm									
3:00 pm	Lane Swim 3:00-4:15								
3:30 pm									
4:00 pm									
4:30 pm		3 Lanes 4:15-4:55							
5:00 pm			Active Kids (3-5yrs) 5:15-6:00			Fun Factory (6-12yrs) 5:15-6:00			
5:30 pm	Lessons (R) 4:15-7:45	Lessons (R) 5:00-7:45	Strength 5:30-6:30						Barre 5:30-6:15
6:00 pm			Super Sports (6-8yrs) 6:00-6:45			Games Galore (9-12yrs) 6:00-6:45	Active Kids (3-5yrs) 6:00-7:00 D		
6:30 pm			Zumba® 6:45-7:45						
7:00 pm									
7:30 pm	Open Swim/Lessons (R) 7:50-8:45								
8:00 pm									
8:30 pm									
9:00 pm	Lane Swim 8:45-10:00								
9:30 pm									
10:00 pm									
10:30 pm									
11:00 pm									

WEDNESDAY

	Pool		Gym		2nd Floor	Multi-Use			Mezzanine
			East	West		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am	Lane Swim 6:00-9:00				Cyclefit 5:30-6:30				
6:30 am					Group Power® 6:10-7:10				
7:00 am									
7:30 am									
8:00 am									Gravity 8:00-8:45
8:30 am									
9:00 am	Shallow & Deep AquaFit 9:10-9:55	Active Kids (3-5yrs) 9-9:30	Zumba® 9:00-9:45						
9:30 am									Gravity Circuit 9:30-10:15
10:00 am									
10:30 am	Swim to Survive 10:05-12:00					Active Kids (3-5) 9:30-11:00	Active Kids 9:30-11:00 D		
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm									
1:00 pm	Open Swim/2 Lanes 1:00-2:10								Gravity 1:15-2:00
1:30 pm									
2:00 pm	AquaFit/2 Lanes 2:15-3:00								
2:30 pm									
3:00 pm	Lane Swim 3:00-4:15								
3:30 pm									
4:00 pm									
4:30 pm		3 Lanes 4:15-4:55							Gravity 5:30-6:15
5:00 pm	Lessons (R) 4:15-7:10	Active Kids (3-5yrs) 5:15-6:00							
5:30 pm		Lessons (R) 5:00-7:10	Group Power® 5:30-6:30						
6:00 pm		Super Sports (6-8yrs) 6:00-7:00	Strong by Zumba® 6:45-7:15						
6:30 pm									
7:00 pm	Open Swim 7:15-7:40								
7:30 pm	AquaFit/2 Lanes 7:45-8:30								
8:00 pm									
8:30 pm	Lessons (R) 8:30-9:00	3 Lanes 8:30-9:00							
9:00 pm									
9:30 pm	Lane Swim 9:00-10:30								
10:00 pm									
10:30 pm									
11:00 pm									

THURSDAY

	Pool		Gym		2nd Floor	Multi-Use			Mezzanine
			East	West		A/B/C	D/Child Care	F	
5:00 am									
5:30 am									
6:00 am	Lane Swim 6:00-9:00								
6:30 am					Cyclefit 6:00-7:00				
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am	AquaFit 9:10-9:55	Active Kids (3-5yrs) 9-10	Barre 8:00-8:45						
9:30 am									
10:00 am	Lessons (R) 10:00-11:00	2 Lanes 10:00-11:00	Super Sports (6-12yrs) 10-11	Group Power® 10:10-11:10					Games Galore (6-12yrs) 9-10
10:30 am									Active Kids (3-5) 10:00-11:00
11:00 am	Swim to Survive 11:00-12:00								
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm									
1:00 pm	Open Swim/2 Lanes 1:15-2:10								Yoga 1:10-1:55
1:30 pm									
2:00 pm	AquaFit/2 Lanes 2:15-3:00								
2:30 pm									
3:00 pm	Lane Swim 3:00-4:15								
3:30 pm									
4:00 pm									
4:30 pm		3 Lanes 4:15-4:55							Gravity 5:30-6:15
5:00 pm	Lessons (R) 4:15-7:45	Lessons (R) 5:00-8:15							
5:30 pm									
6:00 pm									
6:30 pm									
7:00 pm									
7:30 pm									
8:00 pm	Open Swim 7:50-8:45	2 Lanes 8:20-8:45							
8:30 pm									
9:00 pm	Lane Swim 8:45-10:00								
9:30 pm									
10:00 pm									
10:30 pm									
11:00 pm									

FRIDAY

	Pool		Gym		2nd Floor	Multi-Use			Mezzanine
5:00 am			East	West		A/B/C	D/Child Care	F	
5:30 am									
6:00 am	Lane Swim 6:00-9:00			Power Circuit 6:15-7:00	Cyclefit 5:30-6:30				
6:30 am									
7:00 am									
7:30 am									
8:00 am				Core Fusion 8:30-9:00					
8:30 am									
9:00 am	AquaFit 9:10-9:55		H.I.I.T. 9:15-10:15			Active Kids (3-5 yrs) 900 - 1030			
9:30 am					Cyclefit 9:30-10:30				
10:00 am	Swim To Survive 10:00-11:15	2 Lanes 10:00-12:00		Gentle Dance/ Cardio 10:45-11:30		Active Kids 10:30-11:00 D			Gravity 9:30-10:15
10:30 am	AquaFit Mod. 11:15-12:00		EarlyON 11:00-12:00						
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm									
1:00 pm	Open Swim 1:00-2:10	2 Lanes 1:00-2:10	Pickleball 1:00-3:00			Gentle Yoga 1:10-1:55			Gravity 1:15-2:00
1:30 pm									
2:00 pm	AquaFit/2 Lanes 2:15-3:00								
2:30 pm									
3:00 pm	Lane Swim 3:00-4:15			Child Care 3:00-4:00					
3:30 pm									
4:00 pm		3 Lanes 4:15-4:55							
4:30 pm									
5:00 pm	Lessons (R) 4:15-7:15			Taekwondo (R) (6-9yrs) 5:15-6:00					
5:30 pm		Lessons (R) 5:00-7:15		Taekwondo (R) (10-15yrs) 6:15-7:00					
6:00 pm									
6:30 pm									
7:00 pm	Open Swim 7:15-9:00		Youth Action (10-14 yrs) 7:30-10:00			Youth Action 7:00-10:00 (10-14 yrs) \$7		Youth Action 7:00-10:00 (10-14 yrs) \$7	
7:30 pm									
8:00 pm									
8:30 pm	Lane Swim 9:00-10:00								
9:00 pm									
9:30 pm									
10:00 pm			Adult Basketball 10:30-10:50						
10:30 pm									
11:00 pm									

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 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;
- 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 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 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.

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.

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.

Medical Conditions

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

ymcaofniagara.org

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Building healthy communities