



# Niagara West YMCA

# WINTER/SPRING SCHEDULE

January 7 - June 23, 2019



## MONDAY

	Pool		Gym			Studio	Multi-Use			Other
	Lane	Leisure	1	2	3		A	B	C	
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			Strength			Active Kids		Child Minding	
9:30 am	9:15-10:00			9:15-10:00		Cyclefit	9:00-10:00		9:00-11:30	
10:00 am	Open Swim/		Active Kids	Zumba*			Yoga		Active Kids	
10:30 am	1 Lane		10:00-11:00	10:15-11:00			10:15-11:15		10:00-11:00 C	
11:00 am	10:05-11:55									
11:30 am							YMCA Program (R)			
12:00 pm	Lane Swim	Open Swim								
12:30 pm	12:00-12:55	8:00-4:10								
1:00 pm	Open Swim/									
1:30 pm	1 Lane									
2:00 pm	1:00-2:10									
2:30 pm	Aquafit									
3:00 pm	2:15-3:00									
3:30 pm	Lane Swim								Family Track+	
4:00 pm	3:05-4:10								3:30-5:30	
4:30 pm			Family Bounce+							
5:00 pm			4:45-5:15							
5:30 pm				On the Ball			Active Kids		Child Minding	
6:00 pm	Lessons (R)		Games Galore	5:30-6:00			5:30-6:30		5:30-8:00	
6:30 pm	4:15-7:15		(6-12yrs)	6:15-7:15		Cyclefit				
7:00 pm			5:30-6:30	STRONG by Zumba*		6:00-6:45				
7:30 pm				6:15-7:15			Games Galore		Active Kids	
8:00 pm	Aquafit	Open Swim		Barre			6:30-7:30		6:30-7:30 C	
8:30 pm	7:30-8:15	7:15-8:30		7:30-8:15						
9:00 pm	Lessons/Lane									
9:30 pm	Swim 8:30-9:00									
10:00 pm	Lane Swim			Adult Basketball						
	9:05-10:00			8:30-10:00						

## TUESDAY

	Pool		Gym			Studio	Multi-Use			Other
	Lane	Leisure	1	2	3		A	B	C	
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						Power Circuit		Yoga	
9:30 am	9:15-10:00						9:15-10:15		9:15-10:15	
10:00 am	Open Swim/	Open Swim							Child Minding	
10:30 am	to Survive 10-11	8:00-1:00							9:00-11:30	
11:00 am	Open Swim/1						20/20/20		Gentle Stretch	
11:30 am	Lane 11:00-11:55						10:30-11:30		10:30-11:15	
12:00 pm	Lane Swim									
12:30 pm	12:00-12:55						Pickleball			
1:00 pm										
1:30 pm	Community Rentals									
2:00 pm	1:00-3:00									
2:30 pm										
3:00 pm	Lane Swim	Open Swim								
3:30 pm	3:05-4:10	3:05-4:10								
4:00 pm									Family Track+	
4:30 pm									3:30-5:30	
5:00 pm										
5:30 pm	Lessons (R)		Games Galore				Group Power*		Active Kids	Child Minding
6:00 pm	4:15-7:15		(6-12yrs)				6:00-7:00		5:30-6:30	5:30-8:00
6:30 pm			5:30-6:30							
7:00 pm	Open Swim	Open Swim					HJLT		Games Galore	Active Kids
7:30 pm	7:15-7:30	7:15-8:30					7:15-8:00		(6-12yrs)	(3-5yrs)
8:00 pm	Aquafit								6:30-7:30 C	6:30-7:30 C
8:30 pm	7:30-8:15									
9:00 pm									Yoga	
9:30 pm	Lane Swim								8:00-9:00	
10:00 pm	8:20-10:00									

## WEDNESDAY

	Pool		Gym			Studio	Multi-Use			Other
	Lane	Leisure	1	2	3		A	B	C	
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						Zumba* (Gentle)		Active Kids	Child Minding
9:30 am	9:15-10:00						8:30-9:00		9:00-10:00	9:00-11:30
10:00 am	Open Swim/	Open Swim								
10:30 am	to Survive 10-11	8:00-4:10								
11:00 am	Open Swim/1									
11:30 am	Lane 11:00-11:55									
12:00 pm	Lane Swim									
12:30 pm	12:00-12:55									
1:00 pm	Open Swim/1									
1:30 pm	Lane 1:00-2:10									
2:00 pm	Aquafit									
2:30 pm	2:15-3:00									
3:00 pm	Lane Swim									
3:30 pm	3:05-4:10									
4:00 pm									Family Track+	
4:30 pm									3:30-5:30	
5:00 pm										
5:30 pm	Lessons (R)		Games Galore				Family DrumFit+		Active Kids	Child Minding
6:00 pm	4:15-7:15		(6-12yrs)				4:45-5:15		5:30-6:30	5:30-8:00
6:30 pm			5:30-6:30							
7:00 pm	Open Swim	Open Swim							Games Galore	Active Kids
7:30 pm	7:15-7:30	7:15-8:30							(6-12yrs)	(3-5yrs)
8:00 pm	Aquafit								6:30-7:30	6:30-7:30 C
8:30 pm	7:30-8:15									
9:00 pm	Lessons/Lane								Power Circuit	
9:30 pm	Swim 8:30-9:00								7:30-8:30	
10:00 pm	Lane Swim								Adult Basketball	
	9:05-10:00								8:30-10:00	

## THURSDAY

	Pool		Gym			Studio	Multi-Use			Other
	Lane	Leisure	1	2	3		A	B	C	
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						Gentle Fit		Active Kids	Child Minding
9:30 am	9:15-10:00						8:30-9:00		9:00-10:00	9:00-11:30
10:00 am	Open Swim/	Open Swim								
10:30 am	to Survive 10-11	8:00-1:00								
11:00 am	Open Swim/1									
11:30 am	Lane 11:00-11:55									
12:00 pm	Lane Swim									
12:30 pm	12:00-12:55									
1:00 pm										
1:30 pm	Community Rentals									
2:00 pm	1:00-3:00									
2:30 pm										
3:00 pm	Lane Swim	Open Swim								
3:30 pm	3:05-4:10	3:05-4:10								
4:00 pm										
4:30 pm									Sr Youth	Family Track+
5:00 pm									Leadership(R)	3:30-5:30
5:30 pm	Lessons (R)		Games Galore						(13-17yrs)	Child Minding
6:00 pm	4:15-7:15		(6-12yrs)						5:30-7:00	5:30-8:00
6:30 pm			5:30-6:30						Jr Youth	
7:00 pm	Open Swim	Open Swim							Games Galore	Active Kids
7:30 pm	7:15-8:25	7:30-8:00							(6-12yrs)	(10-12yrs)
8:00 pm									6:30-7:30	(3-5yrs)
8:30 pm									Leadership(R)	6:30-7:30 C
9:00 pm	Lane Swim								Yoga	
9:30 pm	8:30-10:00								8:15-9:15	
10:00 pm										

## FRIDAY

	Pool		Gym			Studio	Multi-Use			Other
	Lane	Leisure	1	2	3		A	B	C	
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									
9:30 am	9:15-10:00						Active Kids		Child Minding	
10:00 am	Open Swim/						9:00-10:00		9:00-11:30	
10:30 am	1 Lane									
11:00 am	10:00-11:55									
11:30 am										
12:00 pm	Lane Swim	Open Swim								
12:30 pm	12:00-12:55	8:00-4:10								
1:00 pm	Open Swim/									
1:30 pm	1 Lane									
2:00 pm	1:00-2:10									
2:30 pm	Aquafit									
3:00 pm	2:15-3:00									
3:30 pm	Lane Swim								Family Track+	
4:00 pm	3:05-4:10								3:30-5:30	
4:30 pm										
5:00 pm										
5:30 pm	Lessons (R)									
6:00 pm	4:15-7:15									
6:30 pm										
7:00 pm	Family Swim +									
7:30 pm	7:15-8:00		Youth Action							
8:00 pm	Open Swim/1	Open Swim	(10-14yrs)							
8:30 pm	Lane 8-8:55	8:00-8:30	6:00-9:00							
9:00 pm	Lane Swim									
9:30 pm	9:00-10:00									

# Niagara West 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 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](http://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](mailto: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.

### 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.

[ymcaofniagara.org](http://ymcaofniagara.org)

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*Building healthy communities*