



# Port Colborne YMCA

# WINTER/SPRING SCHEDULE

January 7 - June 23, 2019



## MONDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						
6:30						
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00			Adult Open (16+) 6:00-9:00	
7:30						
8:00			Open Gym 6:00-10:30			
8:30						
9:00	AquaFit 9:15-10:00	Family Swim+ 9:00-10:30			Strength 9:15-10:00	
9:30					Gentle Fit 10:30-11:00	
10:00	Open Swim/ 3 Lanes 10:15-11:45		Family Gym+ 10:30-12:00			
10:30					Adult Basketball (16+) 11:15-12:45	
11:00						
11:30	Lane Swim 12:00-12:45	Open Swim 10:30-3:00	Open Gym 12:00-12:45			
12:00	Open/Group 1:00-2:00		Pickleball (ladder) 1:00-3:00		Pickleball (ladder) 1:00-3:00	
12:30	Open/3 Lanes 2:00-3:00					
1:00						
1:30						
2:00						
2:30						
3:00			Open Gym 3:00-4:00		Open Gym 3:00-4:00	Open Gym 3:00-5:15
3:30						
4:00			Family Gym+ 4:00-5:15	Family Gym+ 4:00-4:30	Youth Open (10-15 yrs) 4:00-5:15	
4:30	Lessons (R) 4:20-6:40		Family Bounce+ 4:45-5:15		Circuit Training 5:30-6:15	
5:00			Super Sports (6-12 yrs) 5:30-7:30	Active Kids (3-5 years) 5:30-7:30	Open Gym 6:30-7:00	Cyclefit 6:30-7:30
5:30					YMCA Program (R) 7:00-8:30	Open Gym 7:30-8:00
6:00	Open/1 Lane/ Lessons(R) 6:40-7:40	Open Swim 6:40-9:00	Drop in Volleyball 7:45-9:15		Adult Drop In Basketball (16+) 8:15-9:45	
6:30						
7:00						
7:30	AquaFit/2 Lanes 7:45-8:30					
8:00	Open/2 Lanes 8:30-9:00					
8:30						
9:00						
9:30						

## TUESDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						H.I.I.T. 6:15-6:45
6:30						
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00	Open Gym 6:00-10:30	Open Gym 6:00-8:45	Open Gym 6:00-9:00	Adult Open Gym 7:00-9:00
7:30						
8:00						
8:30						
9:00	AquaFit 9:15-10:00	Family Swim+ 9:00-10:30			Group Power* 9:15-10:15	
9:30					Barre 10:30-11:15	
10:00	Open Swim/3 Lanes 10:15-11:45		Family Gym+ 10:30-12:00			
10:30					Open Gym 11:30-12:45	
11:00						
11:30	Lane Swim 12:00-12:45	Open Swim 10:30-4:00	Pickleball 12:00-1:00		Pickleball*** 1:00-3:00	
12:00	Swim to Survive / 3 Lanes 1:00-2:00					
12:30	AquaFit Moderation 2:15-3:00					
1:00						
1:30						
2:00						
2:30						
3:00			Open Gym 3:15-4:00		Open Gym 3:00-4:15	
3:30	Lane Swim/ School Rental					
4:00	Lessons (R) 4:20-6:05	Lessons (R) 4:20-6:40	Family Gym+ 4:00-5:15		Youth Open (10-15yrs) 4:30-5:15	
4:30			Get Connected (6-12 years) 5:30-7:30	Active Kids (3-5 years) 5:30-7:30	Open Gym 5:15-6:15	Cyclefit 5:30-6:15
5:00					On the Ball 6:30-7:15	
5:30					Zumba* 7:30-8:15	
6:00						
6:30			Youth Drop In Basketball (10-15yrs) 7:45-8:45			
7:00	Open Swim/2 Lanes 6:05-9:00	Open Swim 6:40-9:00				
7:30						
8:00						
8:30						
9:00			Adult Drop In Basketball (16+) 8:45-9:45		Community Use 8:15-9:45	
9:30						

Youth Leadership Program (R) - Tuesday 6:00-7:30

## WEDNESDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						
6:30						
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00	Open Gym 6:00-10:30		Adult Open (16+) 6:00-9:00	
7:30						
8:00						
8:30						
9:00	AquaFit 9:15-10:00	Family Swim+ 9:00-10:30			Open Gym 9:00-10:00	Cyclefit 9:15-10:00
9:30						
10:00	Open Swim/ 3 Lanes/Lessons (R) 10:15-11:45		Family Gym+ 10:30-12:00		Gentlefit 10:30-11:00	
10:30						
11:00	Lane Swim 12:00-12:45	Open Swim 12:15-3:00	Open Gym 12:00-4:00	Open Gym 12:00-3:00	Adult Basketball (16+) 11:15-3:15	Open Gym 11:15-3:00
11:30						
12:00						
12:30						
1:00						
1:30	Open/3 Lanes 1:00-3:00					
2:00						
2:30						
3:00						
3:30			Family Gym+ 4:00-5:15	Family Gym+ 3:00-4:30	Youth Open (10-15yrs) 3:15-6:00	YMCA Program (R) 3:30-4:30
4:00						Open Gym 4:45-5:30
4:30						Registered Program 5:30-6:15
5:00	Lessons (R) 4:20-6:40		Super Sports (6-12 yrs) 5:30-7:30	Active Kids (3-5 years) 5:30-7:30		
5:30						
6:00						
6:30	AquaFit/2 Lanes 6:45-7:30	Open Swim 6:40-9:00			Barre 6:30-7:15	
7:00						
7:30	Open/2 Lanes 7:30-9:00		Open Stretch (no balls) 7:30-8:45		Yoga 7:35-8:35	
8:00						
8:30						
9:00						
9:30					Adult Basketball (16+) 8:45-9:45	

## THURSDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						
6:30						
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00	Open Gym 6:00-10:30			Open Gym 6:00-9:00
7:30						
8:00						
8:30						
9:00	AquaFit 9:15-10:00					Group Power* 9:15-10:15
9:30						
10:00	Open Swim/ 3 Lanes 10:15-11:45		Beginner Pickleball*** 10:30-12:30			Zumba* 10:30-11:15
10:30						
11:00	Lane Swim 12:00-12:45	Open Swim 9:00-4:00				YMCA Program (R) 11:30-1:00
11:30	Open/Group 1:00-2:00		Open Gym 12:30-4:00		Open Gym 11:30-4:45	
12:00	AquaFit Moderation 2:15-3:00					
12:30						
1:00						
1:30						
2:00						
2:30						
3:00	Lane Swim/ School Rental					
3:30	Lessons (R) 4:20-6:40	Lessons (R) 4:20-6:05	Family Gym+ 4:00-5:15		H.I.I.T. 5:00-5:30	
4:00						
4:30			Get Connected (6-12 years) 5:30-7:30	Active Kids (3-5 years) 5:30-7:30	Youth Open (10-15 yrs) 5:45-6:15	Cyclefit 5:30-6:15
5:00						
5:30						
6:00						
6:30						
7:00	Open Swim/ 2 Lanes 6:40-9:00	Open Swim 6:05-9:00				
7:30						
8:00						
8:30						
9:00						
9:30						

YMCA Program (R) (Golden Puck Room) - Thursday 5:30-7:00

## FRIDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						
6:30						
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00	Open 6:00-9:15		Adult Open (16+) 7:15-9:00	
7:30						
8:00						
8:30						
9:00	AquaFit 9:15-10:00		Open Stretch (No Balls) 9:15-11:15		Core Fusion 9:15-10:00	
9:30					Gentle Yoga 10:30-11:15	
10:00	Open Swim/ 3 Lanes 10:15-11:45		Family Gym+ 11:15-12:00			
10:30					Open 11:30-12:45	
11:00	Lane Swim 12:00-12:45	Open Swim 9:00-3:00	Pickleball 12:00-1:00			
11:30						
12:00	Open/3 Lanes 1:00-3:00		Pickleball*** 1:00-3:00		Open Gym 1:00-4:00	Pickleball*** 1:00-3:00
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						YMCA Program (R) 3:30-4:30
4:00						
4:30	Lessons (R)/Group 4:30-5:30	Lessons (R) 4:30-5:30	Family Gym+ 4:00-5:45		Youth Open (10-15 yrs) 4:00-5:45	Open Gym 4:45-5:45
5:00						
5:30	Open Swim/ Lessons (R) 5:30-6:30					
6:00						
6:30						
7:00	Open/2 Lanes 6:30-9:00	Open Swim 5:30-9:00	Open Gym 5:45-9:45	Open Gym 5:45-9:45	Youth Action (10-14 years) 6:00-9:00 \$7 community program	
7:30						
8:00						
8:30						
9:00						
9:30						Adult Open Gym 9:15-9:45

Individual program offerings are subject to change. Please speak with the Welcome Desk to confirm availability.

\*\*\*Pickleball is free for YMCA Members. Community Participants can pay \$10.00 per week to play.

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

## SATURDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
7:00						
7:30						
8:00	Lane Swim 7:30-8:45	Open Swim 7:30-8:45	Open Gym 7:00-8:45		Open Gym 7:00-9:00	Open Gym 7:00-9:00
8:30						
9:00						
9:30			Super Sports (6-12 years) 9:00-11:00	Active Kids (3-5 years) 9:00-11:00	Group Power* 9:00-10:00	
10:00						Cyclefit 10:15-11:00
10:30	Lessons (R) 9:00-12:05					
11:00						
11:30						
12:00	Lane Swim 12:05-12:45	Family Swim+ 12:05-1:00				
12:30						
1:00			Open Gym 11:00-4:00	Birthday Parties 12:30-3:30	Community Use 1:00-4:00	
1:30	Open/2 Lanes 1:00-4:00	Open Swim 1:00-4:00				
2:00						
2:30						
3:00						
3:30						
4:00	Lane Swim 4:00-5:00	Family Swim+ 4:00-5:00	Family Gym+ 4:15-5:00		Open Gym 4:15-5:45	
4:30						
5:00			Open Gym 5:00-5:45			
5:30						


**Child Minding:**  
 Monday to Saturday 9:00 am – 11:15 am  
 Monday to Thursday 5:30 pm – 7:30 pm  
**Fee for Service Hourly - \$3.25, Member Monthly Pass - \$42.00 per child, (20) 30-minute Punch Card - \$31.00**

Legend:  Adult (13+) Program\*\*  Supervised Program  Open  
 +Adult Participation is required (R) registered programs  
 +10-12 yr old can access fitness centre and fitness classes (excluding Strength classes) with parent/guardian participation and a complete youth orientation (parent/guardian needs to be a YMCA member)  
 \*\*13-15 yr olds must complete a youth orientation prior to participating in fitness classes.

## SUNDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
7:00						
7:30						
8:00						
8:30						
9:00	Lane Swim 9:00-10:00		Open Gym 7:00-9:45		Open Gym 7:00-10:00	Open Gym 7:00-8:45
9:30						Cyclefit 9:15-10:00
10:00						
10:30	Family Swim+ / 3 Lanes 10:00-11:45	Family Swim+ 10:00-1:00	Open Stretch (No Balls) 10:00-11:30		Yoga 10:15-11:15	
11:00			Family Gym+ 11:30-12:			





# Port Colborne 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](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)

 [facebook.com/ymcaniagara](https://facebook.com/ymcaniagara)

 [twitter.com/ymcaniagara](https://twitter.com/ymcaniagara)

Building healthy communities