Niagara Falls YMCA

WINTER/SPRING SCHEDULE

January 7 - June 23, 2019

MONDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am	Lane Swim 6:00-9:15					Cyclefit 6:00-6:45			
6:30 am									
7:00 am		Open Swim 7:00-4:15							
7:30 am									Cardiac Rehab 8:00-12:00 Court D
8:00 am									
8:30 am									
9:00 am			Strength 9:15-10:00		EarlyON 9:00-10:00	Cyclefit 9:15-10:00	EarlyON 9:00-12:00	Busy Buds (3-5 yrs) 9:00-10:15	YMCA Program (R) 9:15-10:45 Coronation
9:30 am	Aquafit 9:30-10:15		Group Power® 10:15-11:15		Active Kids (3-5yrs) 10:15-11:15				
10:00 am									Child Minding 9:00-11:45
10:30 am									
11:00 am	Lane Swim 10:30-12:55		Gentle Fit 11:30-12:15					Yoga 11:30-12:30	
11:30 am						Strength Express 12:15-12:45			
12:00 pm			Adult Basketball (16+) 12:15-2:00						
12:30 pm									
1:00 pm	Partner Use 1:00-2:30								
1:30 pm									
2:00 pm	Open Swim 2:00-2:25		Pickleball 2:15-3:30						
2:30 pm									
3:00 pm	Aquafit 2:30-3:15								
3:30 pm									Family Track+ 3:00-4:30
4:00 pm	Lane Swim 3:30-4:15		Family Bounce+ 4:00-4:45						
4:30 pm									
5:00 pm	Lessons (R) 4:15-7:15				Active Kids (3-5yrs) 5:15- 6:30		Games Galore (6-8 yrs) 5:15- 6:30	Games Galore (9-12 yrs) 5:15- 6:45	Child Minding 5:15-8:00
5:30 pm						Cyclefit 5:30-6:15			
6:00 pm			Bootcamp 6:00-6:45		Super Sports (6-8yrs) 6:30-7:30			Busy Buds (3-5yrs) 6:45-7:30	Yoga 6:30-7:30
6:30 pm			Core Fusion 6:45-7:15	Super Sports (9-12yrs)6:45-7:30					
7:00 pm			Youth Basketball 7:30-8:30	Youth Basketball (10-15yrs) 7:50-8:30					
7:30 pm	Aquafit 7:30-8:15	Open Swim 7:15-9:00							
8:00 pm			Open Volleyball (All ages) 8:45-10:00		Adult Basketball (16+ yrs) 8:45-10:00				
8:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00							
9:00 pm									
9:30 pm									
10:00 pm									

TUESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am	Lane Swim 6:00-9:15								
6:30 am									
7:00 am		Open Swim 7:00-11:00							
7:30 am									
8:00 am									
8:30 am									
9:00 am					EarlyOn 9:00-10:00				Yoga 9:15-10:15 Coronation
9:30 am	Aquafit 9:30-10:15		STRONG by Zumba® 9:15-10:15						
10:00 am	2 Lanes/Open Swim 10:30 -11		Barre 10:30-11:15				EarlyON 9:00-12:00		Child Minding 9:00-11:45
10:30 am									
11:00 am	Swim to Survive 11:00-12:00		YMCA Program (R) 11:30-12:30						
11:30 am						Cyclefit 12:15-12:45			
12:00 pm	Lane Swim 12:00-12:55	Open Swim 12:00-4:15							
12:30 pm			Pickleball 1:00-3:00						
1:00 pm	Partner Use 1:00-2:30								
1:30 pm									
2:00 pm	Lane Swim 2:30-4:15								Family Track+ 3:00-4:30
2:30 pm									
3:00 pm									
3:30 pm									
4:00 pm									
4:30 pm		Lessons(R) 4:15-7:45	Lessons(R) 4:15-7:15		Super Sports (6-8 yrs) 5:15-6:30		Youth Leadership (R) (10-17yrs) 5:00-6:30 C	Busy Buds (3-5 yrs) 5:15-7:30	Child Minding 5:15-7:45
5:00 pm			Group Power® 5:30-6:30						
5:30 pm									
6:00 pm			Super Sports (9-12yrs)6:30-7:30			Core Fusion 6:45-7:15 Studio	Games Galore (9-12) 5:15-6:30 B (6-8) 6:30-7:30 B		
6:30 pm									
7:00 pm			Youth Basketball (10-15yrs) 7:35-8:45	Karate (7-9yrs) 6:45-7:30 (10-13yrs) 7:45-8:30					
7:30 pm	Open Swim 7:45-8:45	Open Swim 7:15-9:00							
8:00 pm									
8:30 pm	Lane Swim 8:45-10:00	Adult Open 9:00-10:00	Adult Basketball (16+) 8:45-10:00		Karate (14yrs+) 8:30-10:15				
9:00 pm									
9:30 pm									
10:00 pm									

WEDNESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am	Lane Swim 6:00-9:15					Cyclefit 6:00-6:45			
6:30 am		Open Swim 7:00-10:00	Pickleball 6:30-8:30						
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am			Bootcamp 9:15-10:00			Cyclefit 9:15-10:00		Busy Buds (3-5yrs) 9:00-10:00	YMCA Program (R) 9:15-10:45 Coronation
9:30 am	Aquafit 9:30-10:15		Group Power® 10:15-11:15		Active Kids (3-5yrs) 10:00-11:15				
10:00 am	2 Lanes/ Lessons (R) 10:30-12:00	Open Swim/ Lessons(R) 10:30-1:00							Child Minding 9:00-11:45
10:30 am			Gentle Fit 11:30-12:15					Yoga 11:30-12:30	
11:00 am						Strength Express 12:15-12:45			
11:30 am	Lane Swim 12:00-2:15		Adult Basketball (16+) 12:15-2:00						
12:00 pm									
12:30 pm									
1:00 pm	Aquafit 2:30-3:15	Open Swim 1:00-4:15							
1:30 pm									
2:00 pm	Lane Swim 3:30-4:15								Family Track+ 3:00-4:30
2:30 pm			Family Bounce+ 4:00-4:45						
3:00 pm									
3:30 pm									
4:00 pm									
4:30 pm	Lessons(R) 4:45-7:15		STRONG by Zumba® 5:30-6:30	Super Sports (9-12yrs) 5:15-7:30	Active Kids (3-5 yrs) 5:15-6:30	CycleFit 6:00-6:45	Games Galore (6-8 yrs) 5:15-6:30	Kid Fit Yoga (R) (3-5) 5:00-5:30 (6-12) 5:45-6:30	Child Minding 5:15-7:45
5:00 pm			Family Zumba® 6:30-7:30		Super Sports (6-8 yrs) 6:30-7:30		Busy Buds (3-5 yrs) 6:30-7:30	(6-12) 6:45-7:30	Yoga 6:30-7:30 D/E
6:00 pm									
6:30 pm	Aquafit 7:30-8:15	Open Swim 7:15-9:00	Youth Basketball (10-15yrs) 7:30-8:30						
7:00 pm									
7:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00	Open Volleyball (All ages) 8:45-10:00		Adult Basketball 8:45-10:00				
8:00 pm									
8:30 pm									
9:00 pm									
9:30 pm									
10:00 pm									

THURSDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am	Lane Swim 6:00-9:15								
6:30 am		Open Swim 7:00-11:00							
7:00 am									
7:30 am									Cardiac Rehab 8:00-12:00 Court D
8:00 am									
8:30 am									
9:00 am			Body Sculpt 9:15-10:00						
9:30 am	Aquafit 9:30-10:15						Community Program 9:00-11:30 Room B		Child Minding 9:00-11:45
10:00 am	3 Lane/Lessons 10:30-11:00		Barre 10:15-11:00		EarlyON 9:00-12:00			Yoga 10:30-11:30	
10:30 am									
11:00 am	Swim to Survive 11:00-12:00		YMCA Program (R) 11:30-12:30						
11:30 am						Cyclefit 12:15-12:45			
12:00 pm	Lane Swim 12:00-12:55	Open swim 12:00-4:15							
12:30 pm			Pickleball 1:00-3:00						
1:00 pm	Partner Use 1:00-2:30								
1:30 pm									
2:00 pm	Lane Swim 2:30-4:15								Family Track+ 3:00-4:30
2:30 pm									
3:00 pm									
3:30 pm									
4:00 pm									
4:30 pm	Lessons(R) 4:15-8:15	Lessons(R) 4:15-7:15	Group Power® 5:30-6:30	Super Sports (6-12 yrs) 5:15-6:15	Active Kids (3-5 yrs) 5:15-6:15				Child Minding 5:15-7:45
5:00 pm					YMCA Program (R) 6:15-7:30			Busy Buds (3-5 yrs) 6:15-7:30	
5:30 pm			Bootcamp 6:45-7:30						
6:00 pm									
6:30 pm		Open Swim 7:15-9:00	Youth Basketball (10-15yrs) 7:30-8:45						
7:00 pm									
7:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00	Adult Basketball (16+) 8:45-10:00						
8:00 pm									
8:30 pm									
9:00 pm									
9:30 pm									
10:00 pm									

FRIDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
6:00 am	Lane Swim 6:00-9:15					Cyclefit 6:00-6:45			
6:30 am		Open Swim 7:00-4:15	Pickleball 6:30-8:30						
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am			Step 9:15-10:00			Cyclefit 9:15-10:00		Busy Buds (3-5yrs) 9:00-10:00	Child Minding 9:00-11:45
9:30 am	Aquafit 9:30-10:15		Group Power® 10:15-11:15		Active Kids (3-5yrs) 10:00-11:15				
10:00 am									
10:30 am	Lane Swim 10:30-2:15					Strength Express 12:15-12:45			
11:00 am			Adult Basketball (16+) 12:15-2:00						
11:30 am									
12:00 pm									
12:30 pm									
1:00 pm									
1:30 pm									
2:00 pm	Aquafit 2:30-3:15								
2:30 pm									
3:00 pm	Lane Swim 3:30-4:10								Family Track+ 3:00-4:30
3:30 pm			Open/Family+ Basketball 4:00-5:00						
4:00 pm									
4:30 pm	Lessons(R) 4:15-6:15		YMCA Program (R) 5:15-6:30						
5:00 pm									
5:30 pm	Open Swim 6:15-7:00				Youth Action (10-14 yrs) 6:00-9:00 $7		Youth Action (10-14 yrs) 6:00-9:00 $7		
6:00 pm			Karate (7-9yrs) 6:45-7:30 (10-13yrs) 7:45-8:30 (14yrs+) 8:30-10:15						
6:30 pm	Open/Youth Action 7:00-8:30								
7:00 pm									
7:30 pm	Lane Swim 8:30-10:00	Adult Open 9:00-10:00			Adult (16+) Basketball 9:00-10:00				
8:00 pm									
8:30 pm									
9:00 pm									
9:30 pm									
10:00 pm									

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

SATURDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
7:00 am									
7:30 am	Lane Swim 7:30-8:45	Open Swim 8:00-8:45	Bootcamp 8:15-9:00						
8:00 am									
8:30 am			Mobility & Strength 9:15-10:00		Super Sports (6-12yrs) 9:00-10:00	Cyclefit 9:30-10:15	EarlyOn 9:00-11:30	Busy Buds (3-5 yrs) 9:00-10:00	Child Minding 9:00-11:45
9:00 am	Lessons(R) 9:00-12:00		Family Bounce+/ Gym+ 10:15-12:00	Group Power® 10:15-11:15	Active Kids (3-5yrs) 10:00-11:15			Sat. Morning Club (6-12 yrs) 10:00-11:15	
9:30 am									
10:00 am				Youth Basketball (10-15 yrs) 11:30-1:40	EarlyON 11:30-1:00			Birthday Parties 11:30-3:00	
10:30 am									
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:00-1:00	Open Swim 12:00-7:30	Birthday Parties 12:00-2:30				Birthday Parties 12:30-4:00 B/C		Family Track+ 1:00-4:00
12:30 pm									
1:00 pm									
1:30 pm				Karate (7-9yrs) 2:00-2:45 (10-13yrs) 3:00-3:45					
2:00 pm	Open Swim 1:00-4:00								
2:30 pm			Youth Basketball (10-15 yrs) 2:30-5:45						
3:00 pm									
3:30 pm				Karate (14yrs+) 3:45-6:00					
4:00 pm	Lessons (R) / 2 Lanes 4:00-6:00								
4:30 pm									
5:00 pm									
5:30 pm									
6:00 pm	Lane Swim 6:00-7:30		Open Basketball (all ages) 6:00-7:30						
6:30 pm									
7:00 pm									
7:30 pm									
8:00 pm									

Babysitting Course and Home Alone Course. Visit www.ymcaofniagara.org for dates and more information

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 participation needs to be a YMCA member)

**13-15 yr old can access Fitness Centre and classes after completing youth orientation

SUNDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		B&C	F	
7:00 am									
7:30 am	Lane Swim 7:30-9:15	Open Swim 8:00-9:15							
8:00 am			Family+ / Open Gym 8:30-10:00	Family+ / Open Gym 8:30-10:00				Yoga 9:15-10:15 Coronation	Child Minding 9:00-11:00
8:30 am	Lessons(R) 9:15-12:15	Lessons(R) 9:15-12:15						YMCA Program (R) (3-5) 9:30-10 (6-12) 10:15-11	
9:00 am				Family Pickleball+ 10:00-12:00					
9:30 am									
10:00 am									
10:30 am			Open Basketball 11:00-5:30 (all ages)						
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:15-1:00								
12:30 pm									
1:00 pm									
1:30 pm									
2:00 pm	Open Swim 1:00-4:00	Open Swim 12:15-5:30		Birthday Parties 12:30-4:30		Cyclefit 1:30-2:15	Birthday Parties 12:30-4:30		Family Track+ 1:00-4:00
2:30 pm									
3:00 pm									
3:30 pm									
4:00 pm	Lane Swim 4:00-5:30								
4:30 pm									
5:00 pm									
5:30 pm									
6:00 pm									

Sauna available when pool is open, not available during some Community Rentals. Community rentals of gym and pool available please see Membership Desk.

Holiday Pool Schedule

LANE POOL		LEISURE POOL
Lane Swim 7:30am-1:00pm, 4:00-5:00pm	**Open Swim** 1:00-4:00pm	**Open Swim** 8:00am-5:00pm

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	Sunday
L'il Dippers 1 (6mths-5yrs) Splashers, Bubblers	4:55-5:25pm		10:30-11:00am 6:05-6:35pm	4:20-4:50pm		11:20am-11:50pm	9:55-10:25am
L'il Dippers 2 (3-5 yrs) Bobbers, Floaters, Gliders, Divers, Surfers, Dippers	4:55-5:25pm 5:30-6:00pm	4:20-4:50pm 5:30-6:00pm	11:00-11:30am 11:30am-12:00pm 4:20-4:50pm 5:30-6:00pm 6:05-6:35pm	4:20-4:50pm 4:55-5:25pm 6:40-7:10pm	4:20-4:50pm	9:00-9:30am 10:10-10:40am 11:20am-11:50pm	9:20-9:50am 9:55-10:25am 11:40am-12:10pm
Learn to Swim & Stars (6 yrs +) Otter, Seal, Dolphin, Swimmer, Star 1-4	4:20-4:50pm 6:05-6:35pm 6:40-7:10pm	4:55-5:25pm 6:05-6:35pm 6:40-7:10pm	4:55-5:25pm 6:40-7:10pm	5:30-6:00pm 6:05-6:35pm	4:55-5:25pm 5:30-6:00pm	9:35-10:05am 10:45-11:15am	10:30-11:00am 11:05-11:35am
Star Leadership Star 5-7	6:05-7:05pm	4:55-5:55pm 6:40-7:40pm	4:20-5:20pm 5:30-6:30pm	6:05-7:05pm	4:20-5:20pm	10:45-11:45am	11:05am-12:05pm
Adult/Teen Learn to Swim		7:15-7:45pm	10:30-11:00am				
Adult Stroke Improvement		7:15-7:45pm	11:00-11:30am		Visit the Membership Desk for information on Private Swimming Lessons and Aquatic Leader Corp!		

Child Minding

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

Niagara Falls YMCA
7150 Montrose Road
Niagara Falls, ON L2H 3N3
T: 905 358 9622
ymcaofniagara.org

Building Hours
Monday - Friday 5:30am - 10:30pm
Saturday 7:00am - 8:00pm
Sunday & Holidays 7:00am - 6:00pm
(unless otherwise stated)