

Niagara Centre YMCA

FALL SCHEDULE

September 16 - December 22, 2019

MONDAY

	Pool		Studio	Gym			Multi-Use	
	Lane	Leisure		1	2	3	A/B	С
5:30 am								
6:00 am								
6:30 am								
7:00 am	Lane Swim							
7:30 am	6:00-9:00							
8:00 am							Gentlefit	
8:30 am							8:30-9:00	
9:00 am	Aquafit		Step			Active Kids	Cyclefit	Games Galore
9:30 am	9:15-10:00		9:15-10:00			(3-5yrs) 9-10	9:15-10:00	(6-12yrs) 9-10
10:00 am	Open Swim/		Strength			Games Galore		Active Kids
10:30 am	2 Lanes		10:15-11:00			(6-12yrs) 10-11		(3-5yrs) 10-11
11:00 am	10:00-11:15	Open Swim					Core Fusion	
11:30 am	Lane Swim 11:30-12:45	7:00-4:15					11:15-12:00	
12:00 pm		7100 1113						
12:30 pm								
1:00 pm	Open Swim					YMCA Program		
1:30 pm	1:00-2:00		Beginner Bickloh		(R) 1:15-2:15			
2:00 pm	Aquafit			Beginner Pickleball		eball	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
2:30 pm	2:00-2:45			1:00-4:00	1:00-4:00			
3:00 pm	Lane Swim	Lano Swim						
3:30 pm	3:00-4:00							
4:00 pm								Family Track+
4:30 pm								4:00-5:30
5:00 pm	Lesso	ons (R)						
5:30 pm		-7:15				Active Kids		Games Galore
6:00 pm			Group Power® 5:45-6:45		YMCA Program	(3-5yrs) 5:45-6:45		(6-12yrs) 5:45-6:4!
6:30 pm					5:45-7:45	Games Galore		Active Kids
7:00 pm	Lessons (R) 7:15-7:45		Step 7:00-7:45			(6-12yrs) 6:45-7:45		(3-5yrs) 6:45-7:45
7:30 pm		Open Swim 7:15-9:00						(= =).=, 0110 7110
8:00 pm	Aquafit 7:45-8:30	/:15-9:00	Athletic Hour			ball (10-15yrs) -9:00	Yoga 8:00-9:00	
8:30 pm	7.43-0.30		8:00-9:00		8:15	-9.00	8:00-9:00	
9:00 pm	Lane Swim	Adult Swim						
9:30 pm	8:45-10:00	9:00-10:00			Adult Basketball 9:00-10:30			
10:00 pm					9:00-10:30			
10:30 pm								

TUESDAY

	Pool		Studio	Gym			Mult	i-Use
	Lane	Leisure		1	2	3	A/B	С
5:30 am								
6:00 am								
6:30 am								
7:00 am	Lane Swim							
7:30 am	6:00-9:00							
8:00 am		Open Swim					Gentle Stretch	
8:30 am		7:00-10:30					8:30-9:00	
9:00 am	Aquafit	7.00 10.50	Strength					
9:30 am	9:15-10:00		9:15-10:00					
10:00 am	Open Swim/2Lanes		Group Power®					
10:30 am	10:00-11:15	Open Swim/	10:15-11:15					
11:00 am	Lessons(R)/3 Lane	Lessons(R)	Deep Stretch					
11:30 am	11:30-12:00	10:30-12:00	11:30-12:00			Adult Basketball		
12:00 pm	Lane Swim	Open Swim			11:00-1:30			
12:30 pm	12:00-12:45	12:00-12:45						
1:00 pm	Swim to						Gentlefit	
1:30 pm	1:00-	2:00					1:15-1:45	
2:00 pm	Aquafit (Mod.)					eball		
2:30 pm	2:00-2:45	Open Swim			1:00-4:00			
3:00 pm	Lane Swim	2:00-4:15						
3:30 pm	3:00-4:00	2.00 11.5						
4:00 pm								Family Track+
4:30 pm								4:00-5:30
5:00 pm	Lesso	nc (R)						
5:30 pm	4:15-					Active Kids	Cyclefit	Games Galore
6:00 pm	5		Family Bootcamp		YMCA Program	(3-5yrs) 5:45-6:45	5:45-6:30	(6-12yrs) 5:45-6:45
6:30 pm			5:45-6:45		5:45-7:45	Games Galore		A - 65 1/5 -1 -
7:00 pm			Zumba®			(6-12yrs)	Yoga	Active Kids (3-5yrs) 6:45-7:45
7:30 pm		Open Swim	7:00-7:45			6:45-7:45	7:00-8:00	(J Jy13) U.4J-7.43
8:00 pm	Aquafit	7:15-9:00				ball (10-15yrs)		
8:30 pm	7:45-8:30				8:15-9:00			
9:00 pm	Lane Swim	Lane Swim Adult Swim						
9:30 pm	1 8:45-10:00 9:00-10:00 Adult Basketball							
10:00 pm					9:00-10:30			
10:30 pm								

WEDNESDAY

12:30 pm 1:30 pm 2:00 pm Aquafit 2:30 pm Aquafit 2:30 pm 3:30 pm 3:30 pm 3:30 pm 4:30 pm 5:330 pm 6:30 pm 6:30 pm 6:30 pm 6:30 pm 6:30 pm 7:700 pm 7:30 pm 8:30 pm 8:30 pm 8:30 pm 8:30 pm 1:30 pm 8:30 pm 1:30 pm 8:30 pm 8:3		Pool		Studio	Gym			Multi-Use	
6:00 am 6:30 am 7:30 am 7:30 am 8:30 am 8:00 am 8:30 am 9:00 am 9:915-10:00 0 pps 5:915-10:00 0 pps 5:915-10:00 0 pps 5:915-10:00 10:00 am		Lane	Leisure		1	2	3	A/B	С
6:30 am	5:30 am								
7:00 am 7:30 am 8:00 am 7:30 am 8:00 am 9:00 am 9:00 am 9:05-10:00 10:00 am 10:00 am 11:30 am 11:30 am 11:30 am 11:30 am 11:30 ppen Swim/ 11:30-12:45 11:30 ppm 1:00	6:00 am							Cyclefit	
7:30 am 8:00 am 8:30 am 9:30 am 9:30 am 9:30 am 10:30 am 10:30 am 10:30 am 10:30 am 10:30 am 12:30 pm 13:30 pm 1:30 pm 3:30 pm 4:30 pm 5:30 pm 6:30 pm 7:30 pm 6:30 pm 7:30 pm 6:30 pm 7:30 pm	6:30 am	Rental 6-7						6:00-6:45	
8:00 am	7:00 am								
8:30 am 9:00 am 9:05 a	7:30 am	Lane Swim							
9:00 am 9:30 am 9:15-10:00 10:00 am 10:00 am 10:00 am 11:00 am 11:	8:00 am	7:00-9:00							
9:30 am	8:30 am								
10:00 am	9:00 am	Aguafit		Barre				Cyclefit	
10:30 am 11:00 am 10:00-11:15 11:30 am 12:20 pm 12:30 pm 12:30 pm 12:30 pm 12:30 pm 12:30 pm 13:00 pm	9:30 am	9:15-10:00		9:00-9:45				9:15-10:00	
10:30 am 11:00 am 11:	10:00 am	Open Swim/		Strenath				Chair Yoga	
11:30 am 12:30 pm 12:30 pm 13:30 12:45	10:30 am								
11:30 am	11:00 am	10:00-11:15						Yoga	
12:00 pm 12:30 pm	11:30 am								
12:30 pm 17:00-2:00	12:00 pm		7:00-4:15						
1:00 pm 1:00 2:00		11:30-12:43							
1:30 pm 1:00-2:00 2:00 pm 2:30 pm 3:30 pm 3:30 pm 3:30 pm 4:00 pm 4:30 pm 5:30 pm 6:30 pm 6:30 pm 7:30 pm 7:30 pm 7:30 pm 7:30 pm 7:30 pm 8:30 pm 9:00 pm 8:30 pm 9:00 pm 8:30 pm 9:00 pm 8:30 pm 9:00 pm 6:30 pm 7:30 pm 7:30 pm 6:30 pm 7:30 pm 7:30 pm 7:30 pm 6:30 pm 7:30		Open Swim						Gentlefit	
2:00 pm 2:30 pm 2:00-2:45	1:30 pm	1:00-2:00						1:15-2:00	
2:30 pm 3:30 pm 4:00 pm 4:30 pm 5:00 pm 5:00 pm 6:00 pm 6:030 pm 7:00 pm 7:30 pm 7:30 pm 8:30 pm 8:30 pm 8:30 pm 8:30 pm 9:00 pm 8:30 pm 9:30 pm 8:30 pm 8:30 pm 9:30 pm 9:30 pm 8:30 pm 9:30		Aquafit				Pickl	Pickleball		
3:30 pm									
3:30 pm 4:00 pm 4:30 pm 5:30 pm 6:500 pm 6:500 pm 6:30 pm 7:30 pm 7:30 pm 7:30 pm 8:30 pm 9:900 pm 9:900 pm 8:30 pm 9:900 p	3:00 pm				1.00-4.00				
4:00 pm									
4:30 pm 5:30 pm 6:30 pm 6:30 pm 7:00 pm 7:30 pm 8:30 pm 8:30 pm 8:30 pm 9:30 pm 9:30 pm 8:30 p		3:00-4:00							
Si Si Si Si Si Si Si Si									Family Track+
5:30 pm					Family Bounce+				4:00-5:30
6:00 pm (4-157-15)						Jr. Soccer Skills	Active Kids	Run and Ride	Camaa Calam
6:30 pm 7:00 pm 7:30 pm 8:00 pm 8:30 pm 9:30 pm 1		4:15-7:15				(4-5yrs)			(6-12yrs) 5:45-6:4
7:00 pm Lessons/Open Swim 7:15-8:35 Society Swim 7:15-8:35 G.12) yrs G.45-7:45 G.610-7:00 G.45-7:45 G.610-7:00 G.45-7:45 G.45-7:45			4:15-7:15	Group Power®					(0 12)13) J.7J-0.
7:30 pm Lessons/Open Swim 7:15-8:35 S-30 pm Swim 7:15-8:35 Open Swim Open Swim									Active Kids
8:00 pm	7.20	Lessons/Open							(3-5yrs) 6:45-7:4
8:30 pm 8:15-9:00 (10-15yrs) 8:15-9:00 8:00-9:00 9:00 pm Lane Swim/9:30 pm Master Swim 9:00-10:00 Adult Basketball			Onen Swim				askethall	Yoga	
9:00 pm									
9:30 pm Master Swim 9:00-10:00 Adult Basketball		Lama Curina/				(),			
						Adult Rackethall			
10.00 pm			9:00-10:00						
10:30 pm					5.00 10.50				

THURSDAY

	Po	ol	Studio		Gym		Multi-Use		
	Lane	Leisure		1	2	3	A/B	С	
5:30 am									
6:00 am									
6:30 am							Sunrise Yoga		
7:00 am	Lane Swim						6:30-7:15		
7:30 am	6:00-9:00								
8:00 am									
8:30 am		Open Swim 7:00-10:30					Gentle Stretch		
9:00 am	Aguafit	7:00-10:30					8:30-9:00		
9:30 am	9:15-10:00		HJJJT.						
10:00 am	Open Swim/2Lanes		9:15-10:00						
10:30 am	10:00-11:15	Open Swim/	Group Power®						
11:00 am	Lessons(R)/3 Lane	Lessons(R)	10:15-11:15						
11:30 am	11:30-12:00	10:30-12:00	Core & Stretch						
12:00 pm	Lane Swim	Open Swim	11:30-12:00						
12:30 pm	12:00-12:45	12:00-12:45							
1:00 pm	Swim to Survive						Gentlefit		
1:30 pm	1:00-	2:00					1:15 -1:45		
2:00 pm	Aquafit (Mod.)				Pickl	eball			
2:30 pm	2:00-2:45				1:00	-4:00			
3:00 pm	Community	Open Swim 2:00-4:15							
3:30 pm	Rental	2.00-4.13							
4:00 pm	3:00-4:00								
4:30 pm								Family Track+ 4:00-5:30	
5:00 pm	1	(D)						4.00-3.30	
5:30 pm	Lesso 4:15-				Games Galore	Active Kids	Cyclefit		
6:00 pm	7.13	7.13	Zumba®		(6-12yrs) 5:45-6:45	(3-5yrs) 5:45-6:30	5:45-6:30	Youth Leadership(
6:30 pm			6:00-6:45	Youth Leadership(R)		Games Galore		(10-12yrs)	
7:00 pm	Open Swim			(10-12) 6:30-7:00	(3-5yrs) 6:45-7:45	(6-12yrs) 6:45-7:45	Yoga	5:30-8:00	
7:30 pm	7:15-7:45	Open Swim					7:00-8:00		
8:00 pm	Aquafit	7:15-9:00							
8:30 pm	7:45-8:30					ball (10-15yrs)			
9:00 pm	Lessons/3 Lane	Adult Swim			8:15	-9:00			
9:30 pm	8:45-9:15	9:00-10:00			A .d. 14 D	alastha II			
10:00 pm	Lane 9:15-10:00	2.00 10.00				asketball 10:30			
10:30 pm					7.00-	10.50			

FRIDAY

	Po	ool	Studio	Gym			Multi-Use		
	Lane	Leisure		1	2	3	A/B	С	
5:30 am									
6:00 am							Cyclefit		
6:30 am							6:00-6:45		
7:00 am	Lane Swim		Core Fusion						
7:30 am	6:00-9:00		6:15-7:00						
8:00 am							Gentlefit		
8:30 am							8:30-9:00		
9:00 am	Aquafit		Power Circuit			e Kids	Cyclefit	Games Galore	
9:30 am	9:15-10:00		9:15-10:00		(3-5yrs) 9	1:00-10:00	9:15-10:00	(6-12yrs) 9-10	
10:00 am	Open Swim/					Galore		Active Kids	
10:30 am	2 Lanes				(6-12yrs) 1	0:00-11:00	Yoga	(3-5yrs) 10-11	
11:00 am	10:00-11:15	Open Swim					10:45-11:45		
11:30 am	Lawa Cusina	7:00-4:15							
12:00 pm	Lane Swim	11:30-12:45	7.00 1.15						
12:30 pm	11.50 12.75								
1:00 pm	Open Swim								
1:30 pm	1:00-2:00			D!					
2:00 pm	Aquafit			Beginners Pickleball	Pickl				
2:30 pm	2:00-2:45			1:00-4:00	1:00	-4:00			
3:00 pm	Lane Swim								
3:30 pm	3:00-4:00								
4:00 pm									
4:30 pm								Family Track+	
5:00 pm	Lacco	ons (R)						4:00-5:30	
5:30 pm		-7:15							
6:00 pm									
6:30 pm					Youth Action			Youth Action	
7:00 pm					(10-14yrs)			(10-14yrs)	
7:30 pm	7:15-8:45	Open Swim			6:00-9:00 \$7			6:00-9:00 \$7	
8:00 pm		7:15-8:45 7:15-9:00			21			1/	
8:30 pm									
9:00 pm	Lane Swim	Adult Swim			Adult Basketball				
9:30 pm	9:00-10:00	9:00-10:00			9:00-10:30				
10:00 pm									
10:30 pm									

SATURDAY

	Pool		Studio	Gym			Multi-Use		
	Lane	Leisure		1	2	3	A/B	С	
7:00 am									
7:30 am									
8:00 am	Lane Swim 7:30-8:45	Open Swim	Barre						
8:30 am	7.30-0.43	8:00-8:55	8:00-8:45						
9:00 am			Step	Games	Galore	Active Kids	Cyclefit		
9:30 am			9:15-10:00	(6-12yr	s) 9-10	(3-5yrs) 9-10	9:15-10:15		
10:00 am	Lesso	ns (R)	Group Power®	Active	e Kids	Games Galore		YMCA Program	
0:30 am	9:00-12:00		10:15-11:15	(3-5yrs) 10-11	(6-12yrs) 10-11		9:00-12:00	
11:00 am				Family Bounce+		YMCA Program			
l 1:30 am				11:00-11:45		(R) 11:00-11:45			
2:00 pm	Lane Swim	Open Swim							
2:30 pm	12:15-1:15	12:00-1:30							
1:00 pm	12.13 1113	12.00 1.50							
1:30 pm	0	Contract		Birthday Party				Birthday Party	
2:00 pm	Open Rirthda	SWIM/ IV Party		12:00-4:00	Volleyball			12:00-4:00	
2:30 pm		-3:30							
3:00 pm					2:00	4:00			
3:30 pm									
4:00 pm									
4:30 pm	Open							Family Track+	
5:00 pm	3:30	-6:15						1:00-4:00	
5:30 pm									
6:00 pm									
6:30 pm	Lane Swim	Open Swim							
7:00 pm	6:30-7:30	6:15-7:30			YMCA F	itness Leadershin	Certification Co.	ırses visit	
7:30 pm					YMCA Fitness Leadership Certification Courses visit www.ymcaofniagara.org for dates and information				
8:00 pm					, ,				

+ parent participation (R) Registered program * 10-12 yr old can access Fitness Centre and classes (excluding Strength classes) with parent/guardian participation and youth orientation (parent needs to be a YMCA member)

SUNDAY

	Pool		Studio	Gym			Multi-Use	
	Lane	Leisure		1	2	3	A/B	C
7:00 am								
7:30 am	Laura Cartan							
8:00 am	Lane Swim 7:30-9:00							
8:30 am	7.50 7.00							
9:00 am			Yoga					
9:30 am	9:15-10:00		9:00-10:00				Cyclefit	
10:00 am	Open Swim/	Open Swim	Group Power®				9:15-10:15	
10:30 am		8:00-1:00	10:15-11:15				VAACA D (D)	
11:00 am	10:00-11:15						YMCA Program (R) 10:30-12:00	
11:30 am	Lane Swim/						10.50 12.00	
12:00 pm	Lessons (R)							
12:30 pm	11:30-12:45							
1:00 pm	0	Control /		Birthday Party				
1:30 pm		Swim/ sy Party						Birthday Part
2:00 pm		-2:45		12:00-4:00				12:00-4:00
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm						Badminton 4:00-6:00		Family Track+
	Enrichment (R) 4:00-6:00							
5:00 pm					4:00			1:00-4:00
5:30 pm								
6:00 pm								

Child Minding Schedule - HOURS OF OPERATION

Monday to Sunday 9am-12pm Monday to Thursday 5:30pm-8pm Visit **ymcaofniagara.org** for fees

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
L'il Dippers 1 (6mths - Syrs) Parent participation Splashers & Bubblers	4:20-5:50pm	10:30-11:00am 6:05-6:35pm	4:20-4:50pm	10:30-11:00am 4:20-4:50pm		9:05-9:35am
L'il Dippers 2 (3-5yrs) Bobbers, Floaters, Gliders Divers, Surfers & Dippers	4:20-4:50pm 5:30-6:00pm	11:00-11:30am 4:55-5:25pm 6:05-6:35pm	4:20-4:50pm 5:30-6:00pm	11:00-11:30am 11:30am-12:00pm 4:20-4:50pm 5:30-6:00pm	4:20-4:50pm 5:30-6:00pm 6:05-6:35pm	9:05-9:35am 10:50-11:20am
Learn to Swim - Otter, Seal, Dolphin, Swimmer	4:55-5:25pm 6:05-6:35pm	4:20-4:50pm 6:40-7:10pm	4:55-5:25pm 6:05-6:35pm	6:05-6:35pm	4:55-5:25pm	9:40-10:10am 11:25-11:55am
Star 1 -4	6:40-7:10pm	5:30-6:00pm	6:40-7:10pm	4:55-5:25pm 6:40-7:10pm	6:40-7:10pm	10:15-10:45am
Star Leadership Star 5-7	6:40-7:40pm	4:20-5:20pm	6:40-7:40pm	6:40-7:40pm	5:30-6:30pm	10:50-11:50am
Adult/Teen Learn to Swim (13yrs+)		11:30am-12:00pm		8:45-9:15pm		
YMCA Aquatic Leadership (10-17yrs)		6:40-7:40pm				nbership Desk
Lifesaving Fitness (10yrs +)			7:15-8:15pm			ming Lessons!

Niagara Centre YMCA Building Hours

310 Woodlawn Road Welland, ON L3C 7N4 T: 905 735 9622 Visit our website

ymcaofniagara.org

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

Children's programs, Child Minding and fitness classes are not offered on holidays.

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

Group Fitness classes and child/youth programs require 15 minute set up and take down before and after the time

Niagara Centre 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.

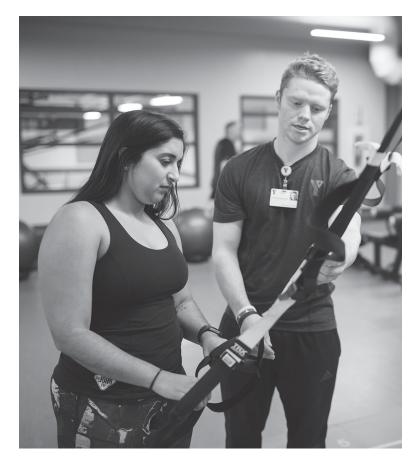
Membership Assistance

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. 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.

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

facebook.com/ymcaniagara
twitter.com/ymcaniagara