# Fort Erie E.J. Freeland YMCA

# HOLIDAY SCHEDULE

December 23, 2019 - January 5, 2020

MONDAY - December 23 Gym

Pool

6:00 am 6:30 am

7:00 am

7:30 am 8:00 am

11:30 am

12:00 pm

12:30 pm

2:00 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm 5:30 pm

6:00 pm

6:30 pm

8:30 pm

7:00 pm 7:30 pm 7:30 pm Swim/no One Lane slide 6:30-8:15

8:00 pm 6:30-8:15

8:30 am Aquafit 8:30-9:15

9:00 am Aquafit Moderatio 9:30 am 9:15-10:00

10:30 am 10:30 am 11:00 am 11:30 am 12:00 10:00-12:00 2 Lanes 10:00-12:00

1:00 pm Camp/Open 1:30 pm 1:00-2:00 1:00 pm

Lane Swim 12:00-1:00

6:00am-10:00pm

Main Floor Multi-Use

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Holiday Class 9:00-10:30

+10-12 yr old can access Fitness Centre and classes (excluding Strength classes) with parent/

\*\*13-15yr 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

guardian participation and youth orientation (parent/guardian needs to be a YMCA member)

Pool

Legend: Adult (13+) Program\*\*

and after the time listed on the schedule.

Open

7:30 am

11:30 am

12:00 pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm 2:30 pm

3:00 pm 3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

8:00 am Open Swim 8:15-8:30

8:30 am Aquafit 8:30-9:15

9:00 am Lane Swim 9:30 am 9:15-10:00

10:30 am Open/ 10:30 am Open/ 11:00 am 10:00-11:30 am 12:00 One Lane 10:00-12:00

7:00am-6:00pm

WE	DNE2	DAY -	Decembei	25 CLOSE
	Pool	Gym	Studios	Main Floor Multi-Use

	Pool	Gym	Stu	dios	Main Flooi	Multi-Use
			U			

## THURSDAY - December 26 7:00am-4:00pm

	Po	ool	Gym	Stud	dios	Main Floor	Multi-Use
7:00 am							
7:30 am							
8:00 am	Lane	Swim					
8:30 am	7:00-	10:00					
9:00 am				Arriba/Core			
9:30 am				9:00-10:00			
10:00 am							
10:30 am	Open/	One Lane					
11:00 am	no slide 10:00-12:00	10:00-12:00					
11:30 am							
12:00 pm	Lane	Swim					
12:30 pm	12:00	)-1:00					
1:00 pm	Open						
1:30 pm	Swim	One Lane 1:00-2:30					
2:00 pm	1:00-2:30	1.00-2.30					
2:30 pm	Lane	Swim					
3:00 pm	2:30	-3:30					
3:30 pm							

## FRIDAY - December 27

							•
	Po	ol	Gym	Stu	dios	Main Floor	r Multi-Use
				1		1	
6:00 am							Ì
6:30 am							
7:00 am		Swim -8:25					
7:30 am	0.00	0.23					
8:00 am							
8:30 am	Aquafit 8	3:30-9:15					
9:00 am							
9:30 am	9:15-	10:00					
10:00 am	,			Gentle Fit			
10:30 am	Open/ no slide	One Lane		10:15-11:00			
11:00 am	10:00-12:00	10:00-12:00	Pickleball				
11:30 am			10:00-1:00				
12:00 pm		Swim					
12:30 pm	12:00	)-1:00					
1:00 pm	Camp	/Open					
1:30 pm	1:00	-2:00					
2:00 pm	Open	Swim					
2:30 pm		-3:15	Camp				
3:00 pm			2:00-4:00				
3:30 pm	Lane	Swim					
4:00 pm		-5:00	Family Track+				
4:30 pm			4:00-5:15				
5:00 pm	Open	Swim/					
5:30 pm	nos	lide   -6:30					
6:00 pm	5:00	-6:30					
6:30 pm							
7:00 pm	Open	One Lane					
7:30 pm	Swim	6:30-8:15					
8:00 pm	6:30-8:15				-	-	
8:30 pm							
9:00 pm		Swim					
9:30 pm	8:15	-9:15					
10:00 pm							

## SATURDAY - December 28

7:00am-6:00pm

Busy Buds (3-5yrs) 6:30-7:30

	Pc	ool	Gym	Stu	Studios		Multi-Use
				1		1	
7:00 am							
7:30 am							
8:00 am		Swim			Cyclefit		
8:30 am	7:00-	10:00			8:00-8:45		
9:00 am				Group Power®		Saturday Morning	Busy Buds
9:30 am				9:05-10:05		Club (6-12 yrs)	(3-5 yrs)
10:00 am	Family	One Lane				9:00-10:30	9:00-10:30
10:30 am	Swim+	10:00-		Yoga (upstairs)			
11:00 am	10:00-	12:00		10:30-11:30			
11:30 am	12:00						
12:00 pm	Lane						
12:30 pm	12:00	)-1:00					
1:00 pm							
1:30 pm	0						
2:00 pm	Open Swim	One Lane	Family Track+				
2:30 pm	1:00-4:00	1:00-4:00	1:00-4:00				
3:00 pm							
3:30 pm							
4:00 pm		Swim					
4:30 pm	4:00	-5:00					
5:00 pm							
5:30 pm							
6:00 pm							

## Fort Erie E.J. Freeland YMCA

1555 Garrison Road Fort Erie, ON L2A 1P8 **T:** 905.871.9622 Visit our website ymcaofniagara.org

**Building Hours:** M - F: 6:00am - 10:00pm

Sat-Sun: 7:00am - 6:00pm Holidays: 7:00am - 4:00pm (unless otherwise stated)

## **SUNDAY - December 29**

7:00am-6:00pm

Supervised Program

+ Adult Participation is required

	Pool		Gym	Stu	dios	Main Floor	Multi-Use	
				1	2	1	2	
7:00 am								
7:30 am								
8:00 am	Lane	Swim						
8:30 am	7:00-	10:00						
9:00 am					Cyclefit			
9:30 am					9:15-10:00			
10:00 am	Family							
10:30 am	Swim+	One Lane 10:00-						
11:00 am	10:00-	12:00						
11:30 am	12:00							
12:00 pm		Swim	Birthday Party					
12:30 pm	12:00	1:00	12:00-1:00	12:00-2:00				
1:00 pm			12.00 2.00					
1:30 pm								
2:00 pm		One Lane	Family Track+					
2:30 pm	1:00-4:00	1:00-4:00	1:00-4:00					
3:00 pm			1100 1100					
3:30 pm								
4:00 pm		Swim						
4:30 pm	4:00	-5:00						
5:00 pm								
5:30 pm								
6:00 pm								

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

December 23, 24, 27 & 28	9:00 am – 11:30 am
December 23	5:15 pm – 7:45 pm



## **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 yrs 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 treading & a length of the pool), children may swim with an adult/quardian in the pool area within 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/quardian (min 16 years of age).
- Age restriction criteria apply.

#### Lane Swim

· For swimmers 13 years and older.

#### Water Slide

- Is available during weekend and M/W/F evening open swims.
- For safety reasons, sliders must be able to pass the facility swim test and be 42" tall to ride.

#### **Medical Conditions**

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



# Fort Erie E.J. Freeland YMCA

# HOLIDAY SCHEDULE

December 23, 2019 - January 5, 2020

## **MONDAY - December 30**

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6:00am-10:00pm

							 		anii-10.00piii		
	Po	ool	Gym		Stu	dios	Main Fl	oor	Multi-Use		
					1		1		2		
6:00 am											
6:30 am											
7:00 am		Swim -8:25									
7:30 am	0.00	-0.23									
8:00 am											
8:30 am	Aquafit 8	3:30-9:15									
9:00 am		oderation		Card	io Mix						
9:30 am	9:15-	10:00		9:05-	10:05						
10:00 am	Open/			Gen	tle Fit						
10:30 am	no slide	2 Lanes 10:00-		10:15	-11:00						
11:00 am	10:00-	12:00	Pickleball								
11:30 am	12:00	12.00	10:00-1:00								
12:00 pm		Swim									
12:30 pm	12:00-1:00										
1:00 pm		/Open									
1:30 pm	1:00	-2:00									
2:00 pm	0	C t									
2:30 pm		Open Swim 2:00-3:15	2:00-3:15		c Camp						
3:00 pm	2.00	3.13	2:00-4:00								
3:30 pm	Lene	Swim									
4:00 pm		5wim -5:00	Fronth Toronto								
4:30 pm	3.30	5.00	Family Track+ 4:00-5:15								
5:00 pm	Onon/s	no slide	1.00 3.13								
5:30 pm		-6:30	Active Kids (3-5yrs)	Group	Yoga		Fun Factory				
6:00 pm	3.00	0.50	5:30-6:30	Power®	upstairs		(6-12yrs) 5:30-6	:30			
6:30 pm			Super Sports	5:30-6:30	5:30-6:30				Busy Buds (3-5yrs)		
7:00 pm		One Lane	(6-12yrs) 6:30-7:30						6:30-7:30		
7:30 pm	clida	6:30-8:15									
8:00 pm	6:30-8:15	0.50 0.15									
8:30 pm											
9:00 pm		Swim									
9:30 pm	8:15	-9:15									
10:00 pm											

## FRIDAY - January 3

	Po	ol	Gym	Stu	dios	Main Floor	Multi-Use
				1	2		2
6:00 am							
6:30 am							
7:00 am	Lane 6:00						
7:30 am	0.00	0.23					
8:00 am							
8:30 am	Aquafit 8	3:30-9:15					
9:00 am	Aquafit M	oderation					
9:30 am	9:15-						
10:00 am				Gentle Fit			
10:30 am	Open/	One Lane		10:15-11:00			
11:00 am	no slide 10:00-12:00	10:00-12:00	Pickleball				
11:30 am	10.00-12.00		10:00-1:00				
12:00 pm	Lane	Swim					
12:30 pm	12:00	-1:00					
1:00 pm	Camp	/Open					
1:30 pm		-2:00					
2:00 pm							
2:30 pm	Open 2:00	Swim 2,1E	Camp				
3:00 pm	2,00	5.15	2:00-4:00				
3:30 pm							
4:00 pm	Lane 3:30-		Family Track+				
4:30 pm	3.30	5.00	4:00-5:15				
5:00 pm	Open	Swim/					
5:30 pm	nos	lide					
6:00 pm	5:00	6:30					
6:30 pm							
7:00 pm	Open						
7:30 pm	Swim	One Lane 6:30-8:15					
8:00 pm	6:30-8:15	0.30-0.13					
8:30 pm							
9:00 pm	Lane	Swim					
9:30 pm	8:15						
10:00 pm							

## TUESDAY - December 31

## 7:00am-6:00pm

7:00 am 7:30 am 8:00 am

8:30 am 9:00 am 9:30 am 10:00 am Open/ 10:30 am no slide One Lane 11:00 am 10:00-

11:30 am 12:00 pm

12:30 pm

2:30 pm 3:30 pm

Lane Swim 7:00-10:00

12:00-1:00

**SUNDAY - January 5** 

Gym

Family Track+ 1:00-4:00

Pool

7:00 am

8:00 am

8:30 am 9:00 am

9:30 am

1:00 pm

1:30 pm

3:00 pm

4:00 pm

5:00 pm

10:00 am 10:30 am Family Swim+

12:00 pm Lane Swim 12:30 pm 12:00-1:00

2:30 pm | Copen Swim | 1:00-4:00 | 1:00-4:00 |

11:00 am 10:00-11:30 am 12:00

7:30 am

1:00 pm 1:30 pm 2:00 pm 1:00-2:30 One Land 1:00-2:30

	Po	ool	Gym	St	udios	Main Floor	Multi-Use
				1		1	
7:00 am							
7:30 am							
8:00 am	Open Swir	m 8:15-8:30					
8:30 am							
9:00 am		Swim 10:00					
9:30 am	0.30-	10.00					
10:00 am	Open/						
10:30 am	no slide	One Lane 10:00-					
11:00 am	10:00-	12:00	Pickleball				
11:30 am	12:00	12.00	10:00-1:00				
12:00 pm	Lane	Swim					
12:30 pm	12:00	)-1:00					
1:00 pm	Camp/O	oen Swim					
1:30 pm	1:00	-2:00					
2:00 pm							
2:30 pm	Open	Swim	Camp				
3:00 pm		-4:00	2:00-4:00				
3:30 pm							
4:00 pm	Lane	Swim					
4:30 pm	4:00	-5:00	Family Track+ 4:00-5:15				
5:00 pm			4.00-3.13				
5:30 pm							
6:00 pm							

Legend: Adult (13+) Program\*\* Supervised Program + Adult Participation is required +10-12 yr old can access Fitness Centre and classes (excluding Strength classes) with parent/

\*\*13-15vr 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 listed on the schedule.

guardian participation and youth orientation (parent/quardian needs to be a YMCA member)

## SATURDAY - January 4

7	٠n	Na	m	-6	٠n	n	n	r

	Pool		Gym	Studios		Main Floor Multi-Use		
7:00 am								
7:30 am								
8:00 am	7:00-10:00				Cyclefit			
8:30 am					8:00-8:45			
9:00 am				Group Power®		Saturday Morning	Busy Buds	
9:30 am				9:05-10:05		Club (6-12 yrs)	(3-5 yrs)	
10:00 am	Family	One Lane				9:00-10:30	9:00-10:30	
10:30 am	Swim+	10:00-		Yoga (upstairs)				
11:00 am	10:00- 12:00	12.00		10:30-11:30				
11:30 am								
12:00 pm								
12:30 pm		J-1:00						
1:00 pm								
1:30 pm	Open							
2:00 pm 2:30 pm	Swim 1:00-4:00	wim 1,00 4,00 1,00 4,00						
3:00 pm								
3:30 pm								
4:00 pm	Lane	Swim						
4:30 pm								
5:00 pm								
5:30 pm								
6:00 pm								

## Fort Erie E.J. Freeland YMCA

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ymcaofniagara.org

Sat-Sun: 7:00am - 6:00pm Holidays: 7:00am - 4:00pm (unless otherwise stated)

## WEDNESDAY - January 1

#### 7:00am-4:00pm

## THURSDAY - January 2 Gym

Barre 9:55-10:40

Yoga (upstairs) 10:30-11:30

Busy Buds (3-5yrs) 6:45-7:30

Main Floor Multi-Use

Aulti-Use		Po	ol	
	6:00 am			
	6:30 am			
	7:00 am			
	7:30 am			
	8:00 am	Open Swin	n 8:1:	
	8:30 am	Aquafit 8	3:30-	
	9:00 am		One 9:15	
	9:30 am			
	10:00 am	Open / no slide		
	10:30 am	9:15-12:00		
	11:00 am			
	11:30 am			
	12:00 pm	Lane Sw		
	12:30 pm	12:00	0-1:00	
	1:00 pm			
	1:30 pm	1:00	-2:00	
	2:00 pm	Open Sv 2:00-3:		
	2:30 pm			
	3:00 pm	2.00		
	 3:30 pm	Lane	Curin	
7 3	4:00 pm		-5:00	

## 5:00 pm 5:30 pm 6:00 pm 6:30 pm 7:00 pm 7:30 pm 8:00 pm 6:30-8:15 8:30 pm 9:00 pm 9:30 pm 10:00 pm

7:00am-6:00pm

Main Floor Multi-Use

## **Aquatic Admission Criteria**

5:00-6:30

Open Swim One Lane no slide 6:30-8:15

## 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.

Active Kids (3-5yrs 6:00-6:45

(13-17yrs) 7:30-9:00

## Under 6 years - Maximum 2:1 ratio

- Must be directly supervised by an adult/guardian (min 16 yrs 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 treading & a length of the pool), children may swim with an adult/quardian in the pool area within 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/quardian (min 16 years of age).
- · Age restriction criteria apply.

## **Lane Swim** · For swimmers 13 years and older.

## **Water Slide**

- Is available during weekend and M/W/F evening open swims.
- For safety reasons, sliders must be able to pass the facility swim test and be 42" tall to ride.

## **Medical Conditions**

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

## **Building Hours:**

M - F: 6:00am - 10:00pm

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

December 30 & 31, January 2, 3 & 4	9:00 am – 11:30 am		
December 30 & January 2	5:15 pm – 7:45 pm		