






6:00am-10:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
6:00 am	Lane Swim 6:00-8:25						
6:30 am							
7:00 am							
7:30 am							
8:00 am	AquaFit 8:30-9:15						
9:00 am	AquaFit Moderation 9:15-10:00			Cardio Mix 9:05-10:05			
9:30 am	Open/ no slide 10:00- 12:00	2 Lanes 10:00- 12:00	Pickleball 10:00-1:00	Gentle Fit 10:15 -11:00			
10:00 am							
10:30 am							
11:00 am							
11:30 am	Lane Swim 12:00-1:00						
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm	Camp/Open 1:00-2:00						
2:00 pm	Open Swim 2:00-3:15		Camp 2:00-4:00				
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Lane Swim 3:30-5:00		Family Track+ 4:00-5:15				
4:30 pm							
5:00 pm							
5:30 pm	Open/no slide 5:00-6:30			Active Kids (3-5yrs) 5:30-6:30	Yoga upstairs 5:30-6:30	Fun Factory (6-12yrs) 5:30-6:30	
6:00 pm			Group Power*				
6:30 pm	Open Swim/no slide 6:30-8:15	One Lane 6:30-8:15	Super Sports (6-12yrs) 6:30-7:30			Busy Buds (3-5yrs) 6:30-7:30	
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm	Lane Swim 8:15-9:15						
9:00 pm							
9:30 pm							
10:00 pm							

7:00am-6:00pm

	Pool		Gym	Studios		Main Floor Multi-Use		
				1	2	1	2	
7:00 am								
7:30 am								
8:00 am	Open Swim 8:15-8:30							
8:30 am	Aquaftt 8:30-9:15							
9:00 am	Lane Swim 9:15-10:00			Holiday Class 9:00-10:30	Cyclefit 9:15-10:00			
9:30 am								
10:00 am	Open/ no slide 10:00- 12:00	One Lane 10:00- 12:00	Pickleball 10:00-1:00					
10:30 am								
11:00 am								
11:30 am								
12:00 pm	Lane Swim 12:00-1:00							
12:30 pm								
1:00 pm	Open Swim 1:00-4:00							
1:30 pm								
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm	Lane Swim 4:00-5:00							
4:30 pm								
5:00 pm								
5:30 pm								
6:00 pm								

Legend:  Adult (13+) Program**  Supervised Program
 Open + Adult Participation is required

**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 and after the time listed on the schedule.

CLOSED

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2

7:00am-4:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
7:00 am	Lane Swim 7:00-10:00						
7:30 am							
8:00 am							
8:30 am							
9:00 am				Arriba/Core 9:00-10:00			
9:30 am							
10:00 am	Open/ no slide 10:00-12:00	One Lane 10:00-12:00					
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Open Swim 1:00-2:30	One Lane 1:00-2:30					
1:30 pm							
2:00 pm							
2:30 pm	Lane Swim 2:30-3:30						
3:00 pm							
3:30 pm							

6:00am-10:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
6:00 am	Lane Swim 6:00-8:25						
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am	AquaFit 8:30-9:15						
9:00 am	AquaFit Moderation 9:15-10:00						
9:30 am							
10:00 am	Open/ no slide 10:00-12:00	One Lane 10:00-12:00	Pickleball 10:00-1:00	Gentle Fit 10:15-11:00			
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Camp/Open 1:00-2:00						
1:30 pm							
2:00 pm	Open Swim 2:00-3:15		Camp 2:00-4:00				
2:30 pm							
3:00 pm							
3:30 pm	Lane Swim 3:30-5:00		Family Track+ 4:00-5:15				
4:00 pm							
4:30 pm							
5:00 pm	Open Swim/ no slide 5:00-6:30						
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm	Open Swim 6:30-8:15	One Lane 6:30-8:15					
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm	Lane Swim 8:15-9:15						
9:30 pm							
10:00 pm							

7:00am-6:00pm

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

7:00am-6:00pm

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



(unless otherwise stated,

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

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.

- 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

- If able to successfully demonstrate comfort in the water (1 minute treading & a length of the pool), children may swim with an adult/guardian 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.

- All swimmers under age 16 must be accompanied in the water by a parent/guardian (min 16 years of age).

- Age restriction criteria apply

- For swimmers 13 years and older.

- 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.

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



6:00am-10:00pm




	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
6:00 am	Lane Swim 6:00-8:25						
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am	AquaFit 8:30-9:15						
9:00 am	AquaFit Moderation 9:15-10:00			Cardio Mix 9:05-10:05			
9:30 am							
10:00 am	Open/ no slide 10:00- 12:00	2 Lanes 10:00- 12:00	Pickleball 10:00-1:00	Gentle Fit 10:15 - 11:00			
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Camp/Open 1:00-2:00						
1:30 pm							
2:00 pm	Open Swim 2:00-3:15		Camp 2:00-4:00				
2:30 pm							
3:00 pm							
3:30 pm	Lane Swim 3:30-5:00						
4:00 pm							
4:30 pm	Family Track+ 4:00-5:15						
5:00 pm	Open/no slide 5:00-6:30		Active Kids (3-5yrs) 5:30-6:30	Group Power* 5:30-6:30	Yoga upstairs 5:30-6:30	Fun Factory (6-12yrs) 5:30-6:30	
5:30 pm							
6:00 pm	Open Swim/no slide 6:30-8:15	One Lane 6:30-8:15	Super Sports (6-12yrs) 6:30-7:30				Busy Buds (3-5yrs) 6:30-7:30
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm	Lane Swim 8:15-9:15						
9:30 pm							
10:00 pm							

6:00am-10:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
6:00 am	Lane Swim 6:00-8:25						
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am	Aquafit 8:30-9:15						
9:00 am	Aquafit Moderation						
9:30 am	9:15-10:00						
10:00 am	Open/ no slide 10:00-12:00	One Lane 10:00-12:00	Pickleball 10:00-1:00	Gentle Fit 10:15-11:00			
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Camp/Open						
1:30 pm	1:00-2:00						
2:00 pm	Open Swim 2:00-3:15		Camp 2:00-4:00				
2:30 pm							
3:00 pm							
3:30 pm	Lane Swim 3:30-5:00		Family Track+ 4:00-5:15				
4:00 pm							
4:30 pm							
5:00 pm	Open Swim/ no slide 5:00-6:30						
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm	Open Swim 6:30-8:15	One Lane 6:30-8:15					
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm	Lane Swim 8:15-9:15						
9:30 pm							
10:00 pm							

7:00am-6:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
7:00 am							
7:30 am							
8:00 am	Open Swim 8:15-8:30						
8:30 am	Lane Swim 8:30-10:00						
9:00 am							
9:30 am							
10:00 am	Open/ no slide 10:00- 12:00	One Lane 10:00- 12:00	Pickleball 10:00-1:00				
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Camp/Open Swim 1:00-2:00						
1:30 pm							
2:00 pm	Open Swim 2:00-4:00	Camp 2:00-4:00					
2:30 pm							
3:00 pm							
3:30 pm	Lane Swim 4:00-5:00		Family Track+ 4:00-5:15				
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							

Legend:  Adult (13+) Program**  Supervised Program
 Open + Adult Participation is required

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

****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 and after the time listed on the schedule.

7:00am-6:00pm

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

7:00am-4:00pm

	Pool	Gym	Studios		Main Floor Multi-Use	
			1	2	1	2
7:00 am	Lane Swim 7:00-10:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am	Open/ no slide 10:00- 12:00	One Lane 10:00-12:00				
10:30 am						
11:00 am						
11:30 am						
12:00 pm	Lane Swim 12:00-1:00					
12:30 pm						
1:00 pm	Open Swim 1:00-2:30	One Lane 1:00-2:30				
1:30 pm						
2:00 pm						
2:30 pm	Lane Swim 2:30-3:30					
3:00 pm						
3:30 pm						
4:00 pm						



7:00am-6:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
7:00 am	Lane Swim 7:00-10:00						
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am					Cyclefit 9:15-10:00		
10:00 am	Family Swim+ 10:00- 12:00	One Lane 10:00- 12:00					
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Lane Swim 12:00-1:00		Birthday Parties 12:00-2:00				
12:30 pm							
1:00 pm	Open Swim 1:00-4:00	One Lane 1:00-4:00	Family Track+ 1:00-4:00				
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Lane Swim 4:00-5:00						
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							

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

6:00am-10:00pm

	Pool		Gym	Studios		Main Floor Multi-Use	
				1	2	1	2
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am	Open Swim 8:15-8:30						
8:30 am	AquaFit 8:30-9:15						
9:00 am				Arriba 9:00-9:45			
9:30 am							
10:00 am	Open / no slide 9:15-12:00	One Lane 9:15-12:00	Pickleball 10:00-1:00	Barre 9:55-10:40			
10:30 am							
11:00 am				Yoga (upstairs) 10:30-11:30			
11:30 am							
12:00 pm	Lane Swim 12:00-1:00						
12:30 pm							
1:00 pm	Camp/Open 1:00-2:00						
1:30 pm							
2:00 pm	Open Swim 2:00-3:15		Camp 2:00-4:00				
2:30 pm							
3:00 pm							
3:30 pm	Lane Swim 3:30-5:00						
4:00 pm							
4:30 pm			Family Track+ 4:00-5:15				
5:00 pm	Open/no slide 5:00-6:30		Active Kids (3-5yrs) 6:00-6:45			Fun Factory (6-12yrs) 6:00-6:45	
5:30 pm							
6:00 pm				Group Power* 6:00-7:00			
6:30 pm	Open Swim no slide 6:30-8:15	One Lane 6:30-8:15	Super Sports (6-12yrs) 6:45-7:30				Busy Buds (3-5yrs) 6:45-7:30
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm			Youth Gym (13-17yrs) 7:30-9:00				
9:00 pm	Lane Swim 8:15-9:15						
9:30 pm							
10:00 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/guardian 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/guardian (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.