

Legen	d:
•	Room F
•	Room B/C

Niagara Falls YMCA Holiday Schedule – Child and Youth Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
5:30am-	5:30am-	Closed	7:00am-	5:30am-	7:00am-	7:00am-
10:30pm	6:00pm		6:00pm	10:30pm	8:00pm	6:00pm
AM Games Galore (6-12 yrs) 9:00-10:00am Busy Buds (3-5 yrs) Room F 10:00- 11:15am Child Minding 9:00-11:45am PM Games Galore (6-12 yrs) 5:15-6:00pm		Closed			8:00pm AM Games Galore (6-12 yrs) 9:00-10:00am Busy Buds (3-5 yrs) Room F 10:00- 11:15am Child Minding 9:00-11:45am PM Birthday Parties Room F 11:30-3:00pm	
Busy Buds (3-5 yrs) 6:00-7:30pm					Room B&C 12:30-4:00pm	
Child Minding 5:15-7:45pm						



Niagara Falls YMCA Holiday Schedule – Child and Youth Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
5:30am-	5:30am-	7:00am-	5:30am-	5:30am-	5:30am-	5:30am-
10:30pm	6:00pm	6:00pm	10:30pm	10:30pm	10:30pm	10:30pm
-	-		-	-	-	-
AM	AM		AM	AM	AM	AM
Games Galore	Child Minding		Child Minding	Games Galore	Games Galore	Child Minding
(6-12 yrs)	9:00-11:45am		9:00-11:45am	(6-12 yrs)	(6-12 yrs)	9:00-11:00am
9:00-10:00am			PM	9:00-10:00am	9:00-10:00am	554
Busy Buds			Games Galore	Busy Buds	Busy Buds	PM Birthday
(3-5 yrs)			(6-12 yrs)	(3-5 yrs)	(3-5 yrs)	Parties
Room F			5:15-6:00pm	Room F	Room F	Room F
10:00-				10:00-	10:00-	12:30-4:30pm
11:15am			Busy Buds	11:15am	11:15am	Room B&C
			(3-5)			12:30-4:30pm
Child Minding			6:00-7:30pm	Child Minding	Child Minding	
9:00-11:45am			Child Minding	9:00-11:45am	9:00-11:45am	
PM			5:15-7:45pm		PM	
Games Galore			3.13 7.13p		Birthday	
(6-12 yrs)					Parties	
5:15-6:00pm					Room F	
					11:30-3:00pm	
Busy Buds					Room B&C	
(3-5 yrs)					12:30-4:00pm	
6:00-7:30pm						
Child Minding 5:15-7:45pm						
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Niagara Falls YMCA Holiday Schedule – Lane Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
5:30am-	5:30am-	Closed	7:00am-	5:30am-	7:00am-	7:00am-
10:30pm	6:00pm		6:00pm	10:30pm	8:00pm	6:00pm
Lane Swim	Lane Swim		Lane Swim	Lane Swim	Lane Swim	Lane Swim
6:00-9:15	6:00-915		7:30 -1:00	6:00- 9:15	7:30-1:00	7:30-8:45
Aquafit	Aquafit		Open Swim	Aquafit	Open Swim	Open Swim
9:30-10:15	9:30-10:15		1:00-4:00	9:30-10:15	1:00-4:00	9:00-11:55
3.00 20.20	3.00 20.20		2.0000	3.00 20.20	2.0000	5.00 = 2.00
Lane Swim	Lane Swim		Lane Swim	Lane Swim	Lane Swim	Lane Swim
10:30-12:55	10:30-12:55		4:00-5:30	10:30-12:55	4:00-7:30	12:00-1:00
Camp/Open	Camp/Open			Camp/Open		Open Swim
1:00-2:30	1:00-2:25			1:00-2:25		1:00-4:00
2.00 2.50	1.00 2.23			1.00 2.23		1.00 1.00
Aquafit	Lane Swim			Aquafit		Lane Swim
2:30-3:15	2:30-4:10			2:30-3:15		4:00-7:30
Lawa Cudaa	On an Costan			Laws Codes		
Lane Swim 3:30-4:30	Open Swim 4:15-5:30			Lane Swim 3:30-4:30		
3.30-4.30	4.15-5.50			3.30-4.30		
Open Swim				Open Swim		
4:30-7:25				4:30-8:30		
Aquafit				Lane Swim		
7:30- 8:15				8:30-10:00		
Lane Swim						
8:30-10:00						
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Niagara Falls YMCA Holiday Schedule – Lane Pool

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
5:30am-	5:30am-	7:00am-	5:30am-	5:30am-	7:00am-	7:00am-
10:30pm	6:00pm	6:00pm	10:30pm	10:30pm	8:00pm	6:00pm
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
6:00-9:15	6:00-915	7:30 -1:00	6:00 – 9:15	6:00- 9:15	7:30-1:00	7:30-8:45
A avva fit	Λ ~af:+	On an Swim	A a a fit	Λαιιαfi+	On on Swim	Onan Swim
Aquafit 9:30-10:15	Aquafit 9:30-10:15	Open Swim 1:00-4:00	Aquafit 9:30 – 10:15	Aquafit 9:30-10:15	Open Swim 1:00-4:00	Open Swim 9:00-11:55
9.30-10.13	9.30-10.13	1.00-4.00	9.30 – 10.13	9.30-10.13	1.00-4.00	9.00-11.55
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
10:30-12:55	10:30-12:55	4:00-5:30	10:30 – 12:55	10:30-12:55	4:00-7:30	12:00-1:00
Camp/Open	Camp/Open		Camp/Open	Camp/Open		Open Swim
1:00-2:30	1:00-2:25		1:00 – 2:30	1:00-2:25		1:00-4:00
Aquafit	Lane Swim		Lane Swim	Aquafit		Lane Swim
2:30-3:15	2:30-4:10		2:30 – 4:30	2:30-3:15		4:00-7:30
2.50 5.15	2.30 4.10		2.30 4.30	2.50 3.13		4.00 7.30
Lane Swim	Open Swim		Open Swim	Lane Swim		
3:30-4:30	4:15-5:30		4:30 - 8:30	3:30-4:30		
Open Swim			Lane Swim	Open Swim		
4:30-7:25			8:30 – 10:00	4:30-8:30		
Aquafit				Lane Swim		
7:30- 8:15				8:30-10:00		
Lane Swim						
8:30-10:00						



Niagara Falls YMCA Holiday Schedule – Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
5:30am-	5:30am-	Closed	7:00am-	5:30am-	7:00am-	7:00am-
10:30pm	6:00pm		6:00pm	10:30pm	8:00pm	6:00pm
Open Swim 7:00-1:00pm	Open Swim 7:00-5:30pm		Open Swim 7:00-5:30pm	Open Swim 7:00-1:00pm	Open Swim 8:00-7:30pm	Open Swim 8:00-5:30pm
Camp/Open 1:00-2:30pm				Camp/Open 1:00-2:30pm		
Open Swim 2:30-9:00pm				Open Swim 2:30-9:00pm		
Adult Open 9:00-10:00pm				Adult Open 9:00-10:00pm		



Niagara Falls YMCA Holiday Schedule – Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
5:30am-	5:30am-	7:00am-	5:30am-	5:30am-	7:00am-	7:00am-
10:30pm	6:00pm	6:00pm	10:30pm	10:30pm	8:00pm	6:00pm
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
7:00-1:00pm	7:00-5:30pm	7:00-5:30pm	7:00-1:00pm	7:00-1:00pm	8:00-7:30pm	8:00-5:30pm
			0 /0	0 /0		
Camp/Open			Camp/Open	Camp/Open		
1:00-2:30pm			1:00-2:30pm	1:00-2:30pm		
Open Swim			Open Swim	Open Swim		
2:30-9:00pm			2:30-9:00pm	2:30-9:00pm		
Adult Open			Adult Open	Adult Open		
9:00-10:00pm			9:00-10:00pm	9:00-10:00pm		
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Niagara Falls YMCA Holiday Schedule – Fitness Schedule

Monday Dec 23	Tuesday Dec 24	Wednesday Dec 25	Thursday Dec 26	Friday Dec 27	Saturday Dec 28	Sunday Dec 29	
5:30am-	5:30am-	Closed	7:00am-	5:30am-	7:00am-	7:00am-	
10:30pm	6:00pm		6:00pm	10:30pm	8:00pm	6:00pm	
CycleFit 6:00-6:45am CycleFit 9:15-10:00am Strength 9:15-10:00am Group Power 10:15- 11:15am Gentle Fit 11:30- 12:15pm Yoga 11:30- 12:30pm Strength Express 12:15- 12:45pm Family Bootcamp 5:30-6:00pm CycleFit 5:30 — 6:15pm Step 6:15-7:00pm Express HIIT 7:15 — 7:45pm	Holiday Bootcamp 9:30-10:30am Yoga 9:15-10:15am CycleFit 12:15- 12:45pm		6:00pm	CycleFit 6:00-6:45am CycleFit 9:15-10:00am Step 9:15-10:00am Group Power 10:15- 11:15am Yoga (45mins) 11:30- 12:15pm Strength Express 12:15- 12:45pm	Holiday Bootcamp 9:30-11:00am CycleFit 9:30-10:15am	Yoga 9:15-10:15am CycleFit 1:30-2:15pm	
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Niagara Falls YMCA Holiday Schedule – Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
5:30am-	5:30am-	7:00am-	5:30am-	5:30am-	5:30am-	5:30am-
10:30pm	6:00pm	6:00pm	10:30pm	10:30pm	10:30pm	10:30pm
CycleFit	Chuana h			_		
6:00-6:45am	Strong by Zumba	Resolution	Body Sculpt	CycleFit	Express	.,
Constantit	9:15-10:15am	Ride + New	9:15-	6:00-6:45am	Bootcamp	Yoga
CycleFit 9:15-10:00am	J.13-10.13aiii	Years Blast	10:00am	CycloFit	9:15-9:45am	9:15-10:15am
9:15-10:00am	Yoga	11-11:45am	Barre	CycleFit 9:15-10:00am	3.13 3.43411	
Strength	9:15-10:15am	(Ride)	10:15-	9.13-10.00aiii	CycleFit	CycleFit
9:15-10:00am		11:45-12:30 pm	11:00am	Step	9:30-10:15am	1:30-2:15pm
3.13 10.00diii	Barre	(Blast)	11.000111	9:15-10:00am		·
Group Power	10:30-	(=:3:0 5)	Yoga	3123 231334	Group Power	
10:15-	11:15am		10:30-	Group Power	10:00-	
11:15am			11:30am	10:15-	11:00am	
	CycleFit			11:15am		
Gentle Fit	12:15-		Chair Yoga			
11:30-	12:45pm		11:30-	Yoga (45mins)		
12:15pm			12:30am	11:30-		
			CycleFit	12:15pm		
Yoga			12:15-			
11:30-			12:45pm	Strength		
12:30pm				Express		
Strength				12:15- 12:45pm		
Express			Group Power	12.45pm		
12:15-			5:30-6:30pm			
12:45pm			Bootcamp			
			6:45-7:30pm			
Family			0.43 7.30pm			
Bootcamp						
5:30-6:00pm						
CycleFit						
5:30 – 6:15pm						
3.33 0.136111						
Step						
6:15-7:00pm						
Express HIIT						
7:15 – 7:45pm	The state of the s	Marie Land	No LANGE TO V	The state of the s	A STATE OF THE PARTY OF	PARTY VALUE OF



Legend:

Child and Youth

Programs

Niagara Falls YMCA Holiday Schedule – Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	
5:30am-	5:30am-	Closed	7:00am-	5:30am-	7:00am-	7:00am-	
10:30pm	6:00pm		6:00pm	10:30pm	8:00pm	6:00pm	- 8
AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs)	Open Basketball (all ages) 6:00-9:00am 10:15-5:15pm		Open Basketball (all ages) 7:00-6:00pm	AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs)	AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs)	PM Birthday Parties 12:30-4:30pm Family+/Open Gym 8:30-10:00am	
10:00-11:15am PM Active Kids				Open Basketball (all ages) 6:00-9:00am 11:30-5:45pm Adult Basketball	Family Bounce 11:15-12:00pm PM Birthday Parties	Family Pickleball + 10:00-12:00pm Open Basketball (all ages)	4
(6-12 yrs) 6:00-7:30pm Open Basketball (all ages) 6:00-9:00am 11:30-5:00pm 7:45-8:30pm				(16yrs+) 9:00-10:00pm	12:00-2:30pm Open Basketball (all age) 11:30-1:45pm 6:00-7:30pm	10:00-5:30pm	
Open Volleyball (all ages) 8:45-10:00pm							4



Niagara Falls YMCA Holiday Schedule – Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
5:30am-	5:30am-	7:00am-	5:30am-	5:30am-	5:30am-	5:30am-
10:30pm	6:00pm	6:00pm	10:30pm	10:30pm	10:30pm	10:30pm
AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs) 10:00-11:15am PM Active Kids (3-5 yrs) 5:15-6:00pm Super Sports (6-12 yrs) 6:00-7:30pm Open Basketball (all ages) 6:00-9:00am 11:30-5:00pm 7:45-8:30pm Open Volleyball (all ages) 8:45-10:00pm	Open Basketball (all ages) 6:00-9:00am 10:15-5:15pm	Open Basketball (All ages) 7:00-6:00pm	PM Active Kids (3-5 yrs) 5:15-6:00pm Super Sports (6-12 yrs) 6:00-7:30pm Open Basketball (all ages) 6:00-9:00am 10:15-5:00pm Youth Basketball (10-15yrs) 7:30-8:45pm Adult Basketball (16yrs+) 8:45-10:00pm	AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs) 10:00-11:15am Open Basketball (all ages) 6:00-9:00am 11:30-5:45pm Adult Basketball (16yrs+) 9:00-10:00pm	AM Active Kids (3-5 yrs) 9:00-10:00am Super Sports (6-12 yrs) 10:00-11:15am Family Bounce 11:15-12:00pm PM Birthday Parties 12:00-2:30pm Open Basketball (all age) 11:30-1:45pm 6:00-7:30pm	PM Birthday Parties 12:30-4:30pm Family+/Open Gym 8:30-10:00am Family Pickleball + 10:00-12:00pm Open Basketball (all ages) 10:00- 5:30pm