



Legend:

• Room F

• Room B/C

Niagara Falls YMCA Holiday Schedule – Child and Youth Schedule

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



Niagara Falls YMCA Holiday Schedule – Child and Youth Schedule

Monday Dec 30 5:30am- 10:30pm	Tuesday Dec 31 5:30am- 6:00pm	Wednesday Jan 1 7:00am- 6:00pm	Thursday Jan 2 5:30am- 10:30pm	Friday Jan 3 5:30am- 10:30pm	Saturday Jan 4 5:30am- 10:30pm	Sunday Jan 5 5:30am- 10:30pm
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 Busy Buds (3-5 yrs) 6:00-7:30pm Child Minding 5:15-7:45pm	AM Child Minding 9:00-11:45am		AM Child Minding 9:00-11:45am PM Games Galore (6-12 yrs) 5:15-6:00pm Busy Buds (3-5) 6:00-7:30pm Child Minding 5:15-7:45pm	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	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 Room B&C 12:30-4:00pm	AM Child Minding 9:00-11:00am PM Birthday Parties Room F 12:30-4:30pm Room B&C 12:30-4:30pm



Niagara Falls YMCA Holiday Schedule – Lane Pool

Monday Dec 23 5:30am- 10:30pm	Tuesday Dec 24 5:30am- 6:00pm	Wednesday Dec 25 Closed	Thursday Dec 26 7:00am- 6:00pm	Friday Dec 27 5:30am- 10:30pm	Saturday Dec 28 7:00am- 8:00pm	Sunday Dec 29 7:00am- 6:00pm
Lane Swim 6:00-9:15	Lane Swim 6:00-9:15		Lane Swim 7:30 -1:00	Lane Swim 6:00- 9:15	Lane Swim 7:30-1:00	Lane Swim 7:30-8:45
AquaFit 9:30-10:15	AquaFit 9:30-10:15		Open Swim 1:00-4:00	AquaFit 9:30-10:15	Open Swim 1:00-4:00	Open Swim 9:00-11:55
Lane Swim 10:30-12:55	Lane Swim 10:30-12:55		Lane Swim 4:00-5:30	Lane Swim 10:30-12:55	Lane Swim 4:00-7:30	Lane Swim 12:00-1:00
Camp/Open 1:00-2:30	Camp/Open 1:00-2:25			Camp/Open 1:00-2:25		Open Swim 1:00-4:00
AquaFit 2:30-3:15	Lane Swim 2:30-4:10			AquaFit 2:30-3:15		Lane Swim 4:00-7:30
Lane Swim 3:30-4:30	Open Swim 4:15-5:30			Lane Swim 3:30-4:30		
Open Swim 4:30-7:25				Open Swim 4:30-8:30		
AquaFit 7:30- 8:15				Lane Swim 8:30-10:00		
Lane Swim 8:30-10:00						



Niagara Falls YMCA Holiday Schedule – Lane Pool

Monday Dec 30 5:30am- 10:30pm	Tuesday Dec 31 5:30am- 6:00pm	Wednesday Jan 1 7:00am- 6:00pm	Thursday Jan 2 5:30am- 10:30pm	Friday Jan 3 5:30am- 10:30pm	Saturday Jan 4 7:00am- 8:00pm	Sunday Jan 5 7:00am- 6:00pm
Lane Swim 6:00-9:15	Lane Swim 6:00-9:15	Lane Swim 7:30 -1:00	Lane Swim 6:00 – 9:15	Lane Swim 6:00- 9:15	Lane Swim 7:30-1:00	Lane Swim 7:30-8:45
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
Lane Swim 10:30-12:55	Lane Swim 10:30-12:55	Lane Swim 4:00-5:30	Lane Swim 10:30 – 12:55	Lane Swim 10:30-12:55	Lane Swim 4:00-7:30	Lane Swim 12:00-1:00
Camp/Open 1:00-2:30	Camp/Open 1:00-2:25		Camp/Open 1:00 – 2:30	Camp/Open 1:00-2:25		Open Swim 1:00-4:00
Aquafit 2:30-3:15	Lane Swim 2:30-4:10		Lane Swim 2:30 – 4:30	Aquafit 2:30-3:15		Lane Swim 4:00-7:30
Lane Swim 3:30-4:30	Open Swim 4:15-5:30		Open Swim 4:30 – 8:30	Lane Swim 3:30-4:30		
Open Swim 4:30-7:25			Lane Swim 8:30 – 10:00	Open Swim 4:30-8:30		
Aquafit 7:30- 8:15				Lane Swim 8:30-10:00		
Lane Swim 8:30-10:00						



Niagara Falls YMCA Holiday Schedule – Leisure Pool

Monday Dec 23 5:30am- 10:30pm	Tuesday Dec 24 5:30am- 6:00pm	Wednesday Dec 25 Closed	Thursday Dec 26 7:00am- 6:00pm	Friday Dec 27 5:30am- 10:30pm	Saturday Dec 28 7:00am- 8:00pm	Sunday Dec 29 7:00am- 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 Dec 30 5:30am- 10:30pm	Tuesday Dec 31 5:30am- 6:00pm	Wednesday Jan 1 7:00am- 6:00pm	Thursday Jan 2 5:30am- 10:30pm	Friday Jan 3 5:30am- 10:30pm	Saturday Jan 4 7:00am- 8:00pm	Sunday Jan 5 7:00am- 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 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	Camp/Open 1:00-2:30pm		
Open Swim 2:30-9:00pm			Open Swim 2:30-9:00pm	Open Swim 2:30-9:00pm		
Adult Open 9:00-10:00pm			Adult Open 9:00-10:00pm	Adult Open 9:00-10:00pm		



Niagara Falls YMCA Holiday Schedule – Fitness Schedule

Monday Dec 23 5:30am- 10:30pm	Tuesday Dec 24 5:30am- 6:00pm	Wednesday Dec 25 Closed	Thursday Dec 26 7:00am- 6:00pm	Friday Dec 27 5:30am- 10:30pm	Saturday Dec 28 7:00am- 8:00pm	Sunday Dec 29 7:00am- 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			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

Building healthy communities



Niagara Falls YMCA Holiday Schedule – Fitness Schedule

Monday Dec 30 5:30am- 10:30pm	Tuesday Dec 31 5:30am- 6:00pm	Wednesday Jan 1 7:00am- 6:00pm	Thursday Jan 2 5:30am- 10:30pm	Friday Jan 3 5:30am- 10:30pm	Saturday Jan 4 5:30am- 10:30pm	Sunday Jan 5 5:30am- 10:30pm
CycleFit 6:00-6:45am	Strong by Zumba 9:15-10:15am	Resolution Ride + New Years Blast	Body Sculpt 9:15- 10:00am	CycleFit 6:00-6:45am	Express Bootcamp 9:15-9:45am	Yoga 9:15-10:15am
CycleFit 9:15-10:00am	Yoga 9:15-10:15am	11-11:45am (Ride)	Barre 10:15- 11:00am	CycleFit 9:15-10:00am	CycleFit 9:30-10:15am	CycleFit 1:30-2:15pm
Strength 9:15-10:00am	Barre 10:30- 11:15am	11:45-12:30 pm (Blast)	Yoga 10:30- 11:30am	Step 9:15-10:00am	Group Power 10:00- 11:00am	
Group Power 10:15- 11:15am	CycleFit 12:15- 12:45pm		Chair Yoga 11:30- 12:30am	Group Power 10:15- 11:15am		
Gentle Fit 11:30- 12:15pm			CycleFit 12:15- 12:45pm	Yoga (45mins) 11:30- 12:15pm		
Yoga 11:30- 12:30pm				Strength Express 12:15- 12:45pm		
Strength Express 12:15- 12:45pm			Group Power 5:30-6:30pm			
Family Bootcamp 5:30-6:00pm			Bootcamp 6:45-7:30pm			
CycleFit 5:30 – 6:15pm						
Step 6:15-7:00pm						
Express HIIT 7:15 – 7:45pm						

Building healthy communities



Legend:

**Child and Youth
Programs**

Niagara Falls YMCA Holiday Schedule – Gym Schedule

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

Building healthy communities



Niagara Falls YMCA Holiday Schedule – Gym Schedule

Monday Dec 30 5:30am- 10:30pm	Tuesday Dec 31 5:30am- 6:00pm	Wednesday Jan 1 7:00am- 6:00pm	Thursday Jan 2 5:30am- 10:30pm	Friday Jan 3 5:30am- 10:30pm	Saturday Jan 4 5:30am- 10:30pm	Sunday Jan 5 5:30am- 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