



January 6 - June 21, 2020



MONDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		A	B	C
6:00 am	Lane Swim 6:00-9:10								
6:30 am									
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am			AquaFit 9:15-10:00	Open Swim 8:00-4:10		Strength 9:15-10:00	Cyclefit 9:15-10:00	Active Kids (3-5yrs) 9:00-10:00	Child Minding 9:00-11:30
9:30 am									
10:00 am	Open Swim/Swim to Survive 10:00-11:55		Arriba 10:15-11:00			Yoga 10:15-11:15	Active Kids (3-5yrs) 10:00-11:00 C		
10:30 am									
11:00 am									
11:30 am									
12:00 pm	Lane Swim 12:00-12:55								
12:30 pm									
1:00 pm	Open Swim/ 2 Lanes 1:00-2:10				Gentle Fit 1:30-2:00				
1:30 pm									
2:00 pm									
2:30 pm	AquaFit 2:15-3:00								
3:00 pm									
3:30 pm	Lane Swim 3:05-4:10								
4:00 pm							Family Track+ 3:30-5:30		
4:30 pm	Lessons (R) 4:15-7:15		Family Bounce+ 4:45-5:15						
5:00 pm				Core Express 5:30-6:00					
5:30 pm									
6:00 pm			Games Galore (6-12yrs) 5:30-6:30	Strong by Zumba ® 6:15-7:15	Cyclefit 6:00-6:45	Active Kids (3-5yrs) 5:30-6:30	Child Minding 5:30-8:00		
6:30 pm	Open Swim 7:15-7:30	Open Swim 7:15-8:30				Games Galore (6-12yrs) 6:30-7:30	Active Kids (3-5yrs) 6:30-7:30 C		
7:00 pm									
7:30 pm	AquaFit 7:30-8:15			Barre 7:30-8:15					
8:00 pm									
8:30 pm	Lessons/Lane Swim 8:30-9:00					Yoga 8:00-9:00			
9:00 pm									
9:30 pm	Lane Swim 9:00-10:00			Adult Basketball 8:30-10:15					
10:00 pm									

FRIDAY

	Pool		Gym			Studio	Multi-Use		Other	
	Lane	Leisure	1	2	3		A	B		C
6:00 am	Lane Swim 6:00-9:10	Open Swim 8:00-4:10								
6:30 am										
7:00 am										
7:30 am										
8:00 am										
8:30 am									Gentle Yoga 8:30-9:00 C	
9:00 am	AquaFit 9:15-10:00			Strength 9:15-10:00		Run & Ride 9:15-10:30	Active Kids (3-5yrs) 9:00-10:00		Child Minding 9:00-11:30	
9:30 am										
10:00 am	Open Swim/Swim to Survive 10:00-11:55			Barre 10:15-11:00				Yoga 10:15-11:15		Active Kids (3-5yrs) 10:00-11:00 C
10:30 am										
11:00 am										
11:30 am										
12:00 pm	Lane Swim 12:00-12:55									
12:30 pm										
1:00 pm	Open Swim/ 2 Lanes 1:00-2:10									
1:30 pm										
2:00 pm										
2:30 pm	AquaFit 2:15-3:00									
3:00 pm										
3:30 pm	Lane Swim 3:05-4:10									
4:00 pm								Family Track+ 3:30-5:30		
4:30 pm										
5:00 pm	Lessons (R) 4:15-7:15			YMCA Program (R) (3-5yrs) 5:00-5:30						
5:30 pm										
6:00 pm				YMCA Program (R) (6-12yrs) 5:45-6:30						
6:30 pm										
7:00 pm	Family Swim+ 7:15-8:00									
7:30 pm										
8:00 pm										
8:30 pm	Open Swim/2 Lane 8:00-8:55	Open Swim 8:00-8:30								
9:00 pm										
9:30 pm	Lane Swim 9:00-10:00									
10:00 pm										

Gym Fitness classes and Child/Youth programs require 15 minutes before and after scheduled time for setup/tear down.

TUESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		A	B	C
6:00 am							Yoga 6:15-7:00		
6:30 am									
7:00 am	Lane Swim								
7:30 am	6:00-9:10								
8:00 am									
8:30 am									
9:00 am	AquaFit		Power Circuit 9:15-10:15			Cyclefit 9:15-10:00	Yoga 9:15-10:15		
9:30 am	9:15-10:00								
10:00 am	Open	Open Swim 8:00-1:00					Gentle Yoga 10:30-11:15		Child Minding 9:00-11:30
10:30 am	Swim/Swim								
11:00 am	to Survive		20/20/20 10:30-11:30						
11:30 am	10:00-11:55								
12:00 pm	Lane Swim								
12:30 pm	12:00-12:55		Pickleball 12:00-3:00						
1:00 pm									
1:30 pm	Community Rentals 1:00-3:00								
2:00 pm									
2:30 pm									
3:00 pm									
3:30 pm	Lane Swim	Open Swim 3:05-4:10							Family Track+ 3:30-5:30
4:00 pm	3:05-4:10								
4:30 pm									
5:00 pm	Lessons (R) 4:15-7:15								
5:30 pm									
6:00 pm			Games Galore (6-12yrs) 5:30-6:30	Group Power * 6:00-7:00		Run & Ride 6:00-7:15	Active Kids (3-5yrs) 5:30-6:30		Child Minding 5:30-8:00
6:30 pm	Open Swim 7:15-7:30	Open Swim 7:15-8:30		H.I.I.T 7:15-8:00			Games Galore (6-12yrs) 6:30-7:30		Active Kids (3-5yrs) 6:30-7:30 C
7:00 pm									
7:30 pm	AquaFit 7:30-8:15								
8:00 pm								Yoga 8:00-9:00	
8:30 pm	Lessons/Lane Swim 8:30-9:00		Adult Volleyball 8:30-10:15						
9:00 pm									
9:30 pm	Lane Swim 9:00-10:00								
10:00 pm									

SATURDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		A	B	C
7:00 am									
7:30 am	Lane Swim 7:30-8:30								
8:00 am									
8:30 am	Lane Swim/1 Lane Lessons			Core Express 8:30-9:00		Cyclefit 8:30-9:15			
9:00 am	8:30-9:00		Games Galore (6-12yrs) 9:00-10:00	Group Power * 9:15-10:15		Cyclefit 9:30-10:15	Active Kids (3-5yrs) 9:00-10:00		Child Minding 9:00-11:30
9:30 am		Lessons (R) 9:00-12:00							
10:00 am				Soccer (R) (6-12yrs)			Games Galore (6-12yrs) 10:00-11:00		Active Kids (3-5yrs) 10:00-11:00 C
10:30 am									
11:00 am				Family Bounce 11:15-12:00	10:30-11:30				GROW (10-15yrs) 10:45-11:30
11:30 am									10:45-11:30 Synergy
12:00 pm	Lane Swim								
12:30 pm	12:05-12:55								
1:00 pm		Open Swim 12:00-4:00	Birthday Party 12:30-2:30						
1:30 pm									
2:00 pm	Open Swim								
2:30 pm	1:00-4:00								
3:00 pm									
3:30 pm									
4:00 pm									
4:30 pm	Lessons (R) 4:00-6:00	Family Swim+ 4:00-7:00							
5:00 pm									
5:30 pm									
6:00 pm	Lane Swim 6:00-7:30								
6:30 pm									
7:00 pm									
7:30 pm									
8:00 pm									

Legend: 13+ yrs Program** Supervised Program
 Open +Adult Participation is required (R) Registered programs

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)

13-15 yr old can access Fitness Centre and classes after completing youth orientation

WEDNESDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		A	B	C
6:00 am						Cyclefit			
6:30 am						6:00-6:45			
7:00 am	Lane Swim								
7:30 am	6:00-9:10								
8:00 am									
8:30 am									
9:00 am	AquaFit			Group Power ®		Cyclefit	Active Kids (3-5yrs)		Child Minding
9:30 am	9:15-10:00			9:15-10:15		9:15-10:00	9:00-10:00		9:00-11:30
10:00 am	Open						Yoga		Active Kids
10:30 am	Swim/Swim			Barre			10:15-11:15		(3-5yrs)
11:00 am	to Survive			10:30-11:15					10:00-11:00 C
11:30 am	10:00-11:55								
12:00 pm	Lane Swim								
12:30 pm	12:00-12:55	Open Swim 8:00-4:10							
1:00 pm	Open Swim/ 2 Lanes			Gentle Fit			YMCA Program (R)		
1:30 pm	1:00-2:10			1:30-2:00			12:30-2:30		
2:00 pm									
2:30 pm	AquaFit								
3:00 pm	2:15-3:00								
3:30 pm	Lane Swim								
4:00 pm	3:05-4:10								Family Track+ 3:30-5:30
4:30 pm									
5:00 pm	Lessons (R)								
5:30 pm	4:15-7:15			Core Express 5:30-6:00					
6:00 pm			Games Galore (6-12yrs) 5:30-6:30	Strong by Zumba ® 6:15-7:15		Cyclefit	Active Kids (3-5yrs) 5:30-6:30		Child Minding 5:30-8:00
6:30 pm	Open Swim 7:15-7:30					6:00-6:45			
7:00 pm		Open Swim 7:15-8:30		Power Circuit 7:30-8:30			Games Galore (6-12yrs) 6:30-7:30		Active Kids (3-5yrs) 6:30-7:30 C
7:30 pm	AquaFit 7:30-8:15								
8:00 pm							Core Fusion 8:15-9:00		
8:30 pm	Lessons/Lane Swim 8:30-9:00								
9:00 pm				Adult Basketball 8:45-10:15					
9:30 pm	Lane Swim 9:00-10:00								
10:00 pm									

SUNDAY

	Pool		Gym			Studio	Multi-Use		Other
	Lane	Leisure	1	2	3		A	B	C
7:00 am									
7:30 am									
8:00 am									
8:30 am	Lane Swim 7:30-9:55								
9:00 am									
9:30 am									
10:00 am	Lessons/ Lane Swim 10:00-10:30								
10:30 am									
11:00 am									
11:30 am	Open Swim/1								
12:00 pm	Lane								
12:30 pm	Lane Swim 12:00-12:55	Open Swim 9:00-3:30							
1:00 pm									
1:30 pm									
2:00 pm	Open								
2:30 pm	Swim/1 Lane								
3:00 pm	1:00-3:30								
3:30 pm									
4:00 pm	Lessons (R)	Family Swim+							
4:30 pm	3:30-5:30	3:30-5:00							
5:00 pm									

Holiday Pool Schedule

LANE POOL		LEISURE POOL
Lane Swim 7:30-9:55am Open Swim 10:00-11:55am Lane Swim 12:00-12:55pm	Open Swim/1Lane 1:00-4:00pm Lane Swim 4:00-5:00pm	Open Swim 8:00am-5:00pm

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

Child Minding

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

THURSDAY

	Pool		Gym			Studio	Multi-Use		Other	
	Lane	Leisure	1	2	3		A	B	C	
6:00 am	Lane Swim 6:00-9:10			Group Power * 6:00-7:00						
6:30 am										
7:00 am										
7:30 am										
8:00 am										
8:30 am	AquaFit 9:15-10:00			Strong by Zumba * 9:15-10:15		Cyclefit 9:15-10:00			Child Minding 9:00-11:30	
9:00 am										
9:30 am										
10:00 am		Open Swim/Swim to Survive 10:00-11:55	Open Swim 8:00-1:00					Core Fusion 10:30-11:15		Gentle Yoga 10:30-11:15 C
10:30 am					20/20/20 10:30-11:30					
11:00 am										
11:30 am										
12:00 pm	Lane Swim 12:00-12:55									
12:30 pm										
1:00 pm	Community Rentals 1:00-3:00			Pickleball 12:00-3:00						
1:30 pm										
2:00 pm										
2:30 pm										
3:00 pm										
3:30 pm	Lane Swim 3:05-4:10	Open Swim 3:05-4:10						Family Track+ 3:30-5:30		
4:00 pm										
4:30 pm										
5:00 pm	Lessons (R) 4:15-7:15									
5:30 pm										
6:00 pm	Open Swim 7:15-8:25		Games Galore (6-12yrs) 5:30-6:30	Group Power * 6:00-7:00		Run & Ride 6:00-7:15	Active Kids (3-5yrs) 5:30-6:30	Youth Leadership (R) (10-17yrs) 5:30-7:30	Child Minding 5:30-8:00	
6:30 pm										
7:00 pm				Barre 7:15-8:00					Active Kids (3-5yrs) 6:30-7:30 C	
7:30 pm			Youth Leadership (R) 7:00-8:00							
8:00 pm										
8:30 pm							Yoga 8:00-9:00			
9:00 pm	Lane Swim 8:30-10:00			Adult Volleyball 8:30-10:15						
9:30 pm										
10:00 pm										

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	Sunday
Lil Dippers 1 (6mths-3yrs) Splashes, Bubblers	6:05-6:35pm	5:30-6:00pm		4:20-4:50pm		10:15-10:45am	
Lil Dippers 2 (3-5 yrs) Bobbers, Floaters, Gliders, Divers, Surfers, Dippers	4:20-4:50pm 5:30-6:00pm 6:05-6:35pm	4:20-4:50pm 6:05-6:35pm 6:40-7:10pm	4:20-4:50pm 6:05-6:35pm 6:40-7:10pm	4:20-4:50pm 6:05-6:35pm	4:20-4:50pm 5:30-6:00pm 6:40-7:10pm	9:05-9:35am 10:50-11:20am	
Learn to Swim & Stars (6 yrs +) Otter, Seal, Dolphin, Swimmer, Star 1-4	4:55-5:25pm 6:40-7:10pm	4:55-5:25pm 5:30-6:00pm	4:55-5:25pm 5:30-6:00pm	4:55-5:25pm 5:30-6:00pm 6:40-7:10pm	4:55-5:25pm 6:05-6:35pm	9:40-10:10am 10:15-10:45am 11:25-11:55am	
Star Leadership Star 5-7	4:55-5:55pm 6:05-7:05pm	6:05-7:05pm	4:55-5:55pm	4:55-5:55pm	6:05-7:05pm	10:15-11:15am	
Stroke Correction (13+ yrs)		8:30-9:00pm		6:05-6:35pm	8:30-9:00pm		
Adult Learn to Swim	8:30-9:00pm		8:30-9:00pm				10:00-10:30am
Lifesaving Fitness (10 yrs + completion of Star 7)			6:05-7:05pm		Visit the Membership Desk for information on Private Swim Lessons!		
Aquatic Leadership (10+yrs)		6:05-7:05pm					

Break Week: December 22 to January 5, 2020.

All Children/Youth Programming and Swimming Lessons will not run. Fitness classes, Pool and Childminding are on the current summer schedule. Fall refurbishment may impact program delivery and location. All Summer programs begin Monday January 6, 2020.

Niagara West YMCA
325 Main Street E.
Grimsby, ON L3M 1R
T: 905 309 9622
Visit our website
ymcaofniagara.org

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