

Port Colborne YMCA

WINTER/SPRING SCHEDULE

January 6th - June 21st, 2020

MONDAY

	NUAL							
	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B		
6:00				'				
6:30								
7:00	Lane Swim				Adult Op			
7:30	6:30-9:00	Adult Open	0	n Gym	6:00-	-9:00		
8:00	0.00 7.00	7:00-9:00		1 Gym -10:30				
8:30			0.00	10.50				
9:00	Aquafit	Family Swim+			Strei			
9:30	9:15-10:00	9:00-10:30			9:15-10:00			
10:00	Open Swim/				Circuit			
10:30	3 Lanes		Family	/ Gym+	10:30	-11:00		
11:00	10:15-11:45			-12:00	411101	11.11.46.3		
11:30						etball (16+)		
12:00	Lane Swim 12:00-12:45	Open Swim		n Gym I-12:45	11:15-12:45			
12:30	Open/Group	10:30-3:00	12.00	-12.43				
1:00	1:00-2:00		Pickleball (Ladder) 1:00-3:00					
1:30	Open/3 Lanes							
2:00	2:00-3:00			1.00	5.00			
3:00	2.00 3.00			Open Gym				
3:30				3:00-4:00				
4:00				Family Gym+		Open Gym		
4:30			Family Gym+	4:00-4:30	Youth Open	3:00-5:15		
5:00	Lesso	ns (R)	4:00-5:15	Family Bounce+	(10-15yrs) 4:00-5:15			
5:30	4:15-			4:45-5:15	4:00-5:15			
6:00			Super Sports	Active Kids	YMCA Program(R)	Cyclefit		
6:30			(6-12yrs) 5:30-7:45	(3-5yrs) 5:30-7:45	5:30-6:15	5:30-6:30		
7:00	Lessons(R)/Group			ow (10-15yrs)		Power ®		
7:30	6:40-7:40	Open Swim		itness Floor	6:45	-7:45		
8:00	Aquafit/2 Lanes	6:45-9:00						
8:30	7:45-8:30			n Gym	Adult Bask			
9:00	Open/2 Lanes 8:30-9:00		7:45	-9:45	8:00-9:45			
9:30								

Child minding extended to 7:45pm (Monday Only)

FRIDAY

	DAI						
	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
6:00			Open Gym				
6:30						oen (16+)	
7:00	Lane Swim				6:00-8:00		
7:30	6:30-9:00	Adult Open	6:00	-9:15			
8:00		7:00-9:00				le Fit	
8:30					8:15-		
9:00	Aquafit 9:15-10:00		Open Stretch (No	Core Fusion	Open Stretch (No	Core Fusion 9:15-10:00	
9:30	9:15-10:00		Balls)	9:15-10:00	Balls)		
10:00	Open Swim/		9:15-11:15	Gentle Yoga 10:30-11:15	9:15-11:15	Gentle Yoga 10:30-11:15	
10:30	3 Lanes		F 1			10:30-11:15	
11:00	10:15-11:45	Oman Cusina		Gym+	0	. C	
11:30	Lane Swim	Open Swim 9:00-3:00	11:15-12:00 Pickleball 12:00-1:00			Open Gym 11:30-12:45	
12:00 12:30	12:00-1:00	2.00 3.00			11.55 12.15		
1:00	Aguafit		12:00	-1.00	_		
1:30	1:15-2:00		Pickleball *** 1:00-3:00			Pickleball *** Advanced 3.5+ 1:00-3:00	
2:00	1.15 2.00						
2:30	Open Swim/3 Lanes 2:15-3:00				Open Gym	1.00-5.00	
3:00	2:15-5:00		Open	Gym	1:00-4:30	2 5	
3:30			3:00			Open Gym 3:00-4:30	
4:00			Family Gym+		1	3:00-4:30	
4:30		R)/Group	4:00-5:30				
5:00	4:30	-5:30		Family Gym+		ı Gym	
5:30	Open Swim/Lessons(R)		Community Use	4:00-5:45	4:30	-5:45	
6:00	5:30-6:30		4:30-5:30				
6:30							
7:00	Open/2 Lanes	Open Swim			Commu	nity Use	
7:30	6:30-9:00	5:30-9:00				-9:00	
8:00				n Gym	0.30-3.00		
8:30			5:45	-9:45			
9:00				Adult Open Gym 9:15-9:45			
9:30					Adult Open G	ym 9:15-9:45	

Individual program offerings are subject to change. Please speak with the Welcome Desk to confirm availability. ***Pickleball is free for YMCA Members. Community Participants can pay \$10.00 per week to play.

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

TUESDAY

6:00		Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
The composite of the	6:00							
Adult Open Adult Open Adult Open 7:30 Size Siz	6:30							
Adult Open Family Swim Swim Swim Such Swim School Rental 3:15-4:00	7:00	Lane Swim		6:00-	-7:45	6:00	-7:45	
Sign	7:30					0		
Section Sect	8:00)	7:00-9:00					
9:30 9:15-10:00 Family Swim+ 9:00-10:30 9:00-10:30 9:15-10:15am					8:00-8:45	7:45-8:45	8:00-8:45	
9:30			Family Swim+	Oper	n Gvm	Group	Power ®	
10:30 10:15-11:00 Lane Swim 10:30-12:00 Pickleball 12:00-1:00 13:00 11:45-2:00 2:30 2:30 2:30 2:30 2:30 3:30 4:00 2:15-3:00 3:30 4:00 4:30 5:00 4:30 4:15-6:05 6:30 7:00 6:30 7:00 7:30 8:30 8:30 8:30 8:30 8:30 8:30 9:00 9:00 9:00 9:00 9:00 Pickleball 12:00-1:00 Pickleball 12:00-1:00 Pickleball 12:00-1:00 Pickleball 1:00-3:00			9.00-10.30					
Table Tabl								
11:30				Family	Gvm+			
Pickleball 12:00-1:00						10:30-11:15		
12:30 Swim to Survive 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:45-2:00 11:00-3:00 11:00		11:00-11:45		D: II	.111	Open Gym		
1:00		Condens to Committee					-12:45	
130				12.00-1.00				
Adult Moderation 2:00 Advanced 3.5+ 1:00-3:00		11.45-2.00			Dickloball***		Pickleball***	
2:30 2:15-3:00 3:30 2:15-3:00 3:15-4:00 4:15-6:05 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:15-6:45 4:		Aguafit Moderation	10:30-4:00					
Open Gym School Rental 3:15-4:00 School Rental 4:00 3:15-4:00 School Rental 4:00 3:15-4:00 School Rental 4:00 School Rental					1.00 5.00		1:00-3:00	
3:30 School Rental 4:00 3:15-4:00 Family Gym+ 4:00-5:15 Youth Depen Gym 3:00-4:15 Youth Depen Gym 4:30-5:15 Youth Depen Gym 4:30-5:15 Youth Depen Gym 4:30-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-6:15 S:00-4:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 4:00-5:15 Youth Depen Gym 3:00-4:15 Youth Depen Gym 3:00-4:15 Youth Depen Gym 3:00-4:15 Youth Depen Gym 4:00-5:15 S:30-7:30 S				3:15-4:00 Family Gym+ 4:00-5:15		3:00-4:15		
Signature Sign								
Active Kids								
Signature Sign								
Signature Sign		Lessons (R)						
6:00 Get Connected (6-12yrs) 5:30-6:15 5:30-6:15 6:30 7:00 Lessons(R)/ 7:30 2 Lanes 8:00 6:45-9:00 F:45-8:45 8:30 9:00 Adult Drop In Basketball (10-15yrs) 7:45-8:30 Adult Drop In Basketball (16+) Community Use		4:15-6:05	5-6:05 Lessons (R)			On the Ball		
6:30 7:00 Lessons(R)/ 7:30 2 Lanes 8:00 6:05-9:00 6:45-9:00 7:45-8:45 7:45-8:30 9:00 Circuit Training 6:45-7:30 Circuit Training 6:45-7:30 7:30-7:30 6:45-7:30 Circuit Training 6:45-7:30 7:45-8:45 7:45-8:30 Adult Drop In Basketball (10-15yrs) 7:45-8:30 Adult Drop In Basketball (16+) Community Use			4:15-6:45					
7:00 Lessons(R)/ 7:30 2 Lanes 8:00 6:05-9:00 G:45-9:00 Popen Swim 6:45-9:00 Youth Drop In Basketball (10-15yrs) 7:45-8:45 Adult Drop In Basketball (16+) Adult Drop In Basketball (16+) Community Use						Circuit ⁻	Training	
8:00 6:05-9:00 6:45-9:00 Youth Drop In Basketball (10-15yrs) Arriba 7:45-8:45 7:45-8:30 9:00 Adult Drop In Basketball (16+) Community Use		Lessons(R)/		3.30-7.30	3.30-7.30			
8:00 6:05-9:00 6:45-9:00 7:45-8:45 7:45-8:30 Arriba 7:45-8:30 9:00 Adult Drop In Basketball (16+) Community Use		2 Lanes		Vouth Drop I- D-	kothall (10, 15:)			
8:30 9:00 Adult Drop In Basketball (16+) Community Use		6:05-9:00	6:45-9:00					
0.45.0.45				7:43	-0.43	/:45-8:30		
9:30 8:45-9:45 8:45-9:45	9:00							
	9:30			8:45	-9:45			

outh Leadership Program (R) - Tuesday 6:00-7:30

SATURDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
7:00							
7:30 8:00 8:30	Lane Swim 7:30-8:45	Open Swim 7:30-8:45		n Gym -8:45		n Gym -8:45	
9:00 9:30 10:00	Lessons (R) 9:00-12:00		Super Sports (6-12yrs) 9:00-11:00	Active Kids (3-5yrs) 9:00-11:00		Power ® 10:05	
10:30 11:00 11:30				ow (10-15yrs) Fitness Floor Family Gym+	oor 10:15-11:00		
12:00 12:30	Lane Swim 12:00-12:45	Family Swim+ 12:00-1:00		11:15-12:15	-		
1:00 1:30 2:00 2:30 3:00 3:30	Open Swim/ 2 Lanes 1:00-4:00	Open Swim 1:00-4:00	Open Gym 11:15-4:00	Birthday Parties 12:30-3:30		nity Use 0-5:30	
4:00 4:30	Lane Swim 4:00-5:00	Family Swim+ 4:00-5:00	Family Gym+ 400-5:00				
5:00 5:30			Open Gym 5:00-5:45				
5:30	ild Mindi	na:					

Monday to Saturday 9:00am - 11:15am Monday to Thursday 5:30pm - 7:30pm

Fee for Service Hourly - \$3.25, Member Monthly Pass - \$42.00 per child, (20) 30-minute Punch Card - \$31.00

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

Supervised Program (R) registered programs Open

 $+10-12\,yr\,old\,can\,access\,fitness\,centre\,and\,fitness\,classes\,(excluding\,Strength\,classes)\,with\,parent/guardian\,participation\,and\,a\,complete\,youth\,orientation\,(\,parent/guardian\,needs\,to\,be\,a\,YMCA\,member)$

**13-15 yr olds must complete a youth orientation prior to participating in fitness classes.

WEDNESDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
6:00				•			
6:30							
7:00 7:30 8:00 8:30	Lane Swim 6:30-9:00	Adult Open 7:00-9:00		n Gym -10:30		een (16+) -9:00	
9:00 9:30	Aquafit 9:15-10:00	Family Swim+ 9:00-10:30			Open Gym 9:00-10:00	Cyclefit 9:15-10:00	
10:00	Open Swim/				Gen		
10:30 11:00 11:30	3 Lanes/Lessons (R) 10:15-11:45	Open Swim/ Lessons(R) 10:30-12:00		Gym+ -12:00	10:30-11:00		
12:00 12:30	Lane Swim 12:00-12:45	On an Suring			Adult Basketball (16+)	Open Gym	
1:00 1:30 2:00	Open/3 Lanes 1:00-3:00	Open Swim 12:15-3:00		Family Gym 0-4:30	11:15-3:00		
2:30 3:00							
3:30					Youth Open	YMCA Program (R) 3:30-4:30	
4:00 4:30			Family Gym+	Family Bounce+	(10-15yrs) 3:15-5:15	Open Gym	
5:00		ns (R)	4:30-5:15	4:45-5:15		4:45-5:15	
5:30 6:00	4.13-0.43		Super Sports	Active Kids		Drumfit -6:00	
6:30			(6-12yrs) 5:30-7:30	(3-5yrs) 5:30-7:30		Power ®	
7:00	C 45 7 30 0 C 1					-7:15	
7:30 8:00	0;45-7:30 Open/2 Lanes 7:30-9:00	Open/2 Lanes 6:40-9:00		Yoga 7:35-8:35	Open Stretch (no balls) 7:30-8:45	Yoga 7:35-8:35	
8:30 9:00 9:30	7.55 3.60	7:30-9:00 7:30-8:45 7:30-8					

SUNDAY

	Laile Fooi	Leisure Fooi	Gyiii iA	Gyili 16	Gyili ZA	Gyili 26	
7:00							
7:30						Open Gym	
8:00			Open	Gvm		7:00-8:45	
8:30				-9:45	Open Gym		
9:00	Lane Swim				7:00-10:00	Cyclefit	
9:30	9:00-10:00					9:15-10:00	
10:00	Family Swim+/		Open Stretch/	Yoga	Open Stretch/	Yoga	
10:30	3 Lanes		(no balls)	10:15-11:15	(no balls)	10:15-11:15	
11:00	10:00-11:45	Family Swim+	10:00-11:30		10:00-11:30		
11:30		10:00-1:00		Gym+			
12:00	Lane Swim		11:30-12:15		Open Gym 11:30-12:30		
12:30	12:00-12:45		Youth Open Gym				
1:00			(10-15yrs)			n Pickleball***	
1:30	Open Swim/		12:30-2:00	Birthday Parties	12:30	0-2:30	
2:00	2 Lanes	Open Swim	12.00	12:30-3:30	Youth	Drop In	
2:30	1:00-4:00	1:00-4:00				l (10-15yrs)	
3:00						-4:00	
3:30			Open Gym				
4:00			2:00-5:45	Open Gym			
4:30				3:45-5:45	Open Gym 4:00-5:45		
5:00					4:0	1-5:45	
5:30							

Holiday Pool Schedule:

Lan	e Pool			
Family/2 Lanes 10:30 – 11:45am		Leisure Pool		
	10.50 11.154111		Family Swim	10:30am – 1:00pm
Lane Swim	12:00 – 12:45pm		,	1 00 2 00
Open Swim/			Open Swim	1:00 – 3:00pm
2 Lanes	1:00 – 3:00pm			

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

THURSDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B
6:00						
6:30						
7:00	Lane Swim					n Gym
7:30	6:30-9:00	Adult Open Open Gym		6:00)-9:00	
8:00		7:00-9:00	6:00-			
8:30	A C:					
9:00	Aquafit 9:15-10:00				Group	Power ®
9:30					9:15-1	0:15am
	Open Swim/3 Lanes 10:15-10:45				۸۰	riba
10:30			Roginnor E	ickleball***		111:15 1-11:15
11:00	Swim to Survive / 3 Lanes 10:45-11:45		10:30-		10.50 11.15	. 11.15
12:00	Lane Swim				Kickstart 11:30-1:00	
12:30	11:45-12:45	Open Swim 9:00-4:00				
1:00	Open/Group	9:00-4:00				
1:30	1:00-2:00		0	C		
2:00	Aquafit Moderation	Open Gym 12:30-4:00				
2:30	2:15-3:00					
3:00	Lane Swim/					en Gym
3:30	School Rental				1:15	5-5:15
4:00			Family	Gvm+		
4:30	Lessons (R)	Lessons (R)	4:00-5:15			
5:00	4:15-6:45	4:15-6:05				IIIT
5:30	7.15 0.75		Get Connected	Active Kids)-6:15
6:00 6:30			(6-12yrs)	(3-5yrs)		
7:00			5:30-7:30	5:30-7:30 5:30-7:30		ngth
7:30	Open Swim		Open Swim 6:05-9:00 Pickleball*** 7:45-9:45		6:30	1-7:15
8:00	6:45-9:00	6:05-9:00				
8:30						pen Gym
9:00					7:30	-9:45
9:30						

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
Lil' Dippers 1 (6 mths-5 yrs) parent participation, splashers and bubblers	5:30 - 6:00pm		10:30 -11:00am 6:05 - 6:35pm			10:15 - 10:45am
Lil Dippers 2 (3-5 yrs) (all levels)	4:20 - 4:50pm 6:05 - 6:35pm	6:05 - 6:35pm	11:00 - 11:30am 4:55 - 5:25pm 5:30 - 6:00pm	4:20 - 4:50pm 5:30 - 6:00pm		9:05 - 9:35am 11:25 - 11:55am
Learn to Swim (6+ yrs) - otter, seal, dolphin, swimmer	4:55 - 5:25pm	4:20 - 4:50pm 5:30 - 6:00pm	4:20 - 4:50pm	4:55 - 5:25pm		9:40 - 10:10am 10:50 - 11:20am
Stars Star 1-4 (6+ yrs)	5:30 - 6:00pm	4:55 - 5:25pm	6:05 - 6:35pm	6:05 - 6:35pm		10:15 - 10:45am
Star Leadership Star 5-7	6:40 - 7:40pm	4:55 - 5:55pm		4:55 - 5:55pm	4:30 - 5:30pm	
Teen/Adult Learn to Swim (13+)			11:30am-12:00pr	n 7:00 - 7:30pm	information on F	pership Desk for Private Swimming atic Leadership!

Aquatic Leadership - Wednesday 6:30 -7:30

Port Colborne YMCA

(in the Vale Health and Wellness Centre)

550 Elizabeth Street Port Colborne ON L3K 5W3 **Tel: 905 835 9622**

Visit us online at ymcaofniagara.org

Building Hours: Mon-Fri: 6:00am - 10:00pm

Saturday-Sunday: 7:00am - 6:00pm Holidays 7:00am - 4:00pm (unless otherwise stated)