



YMCA of Niagara
Niagara West YMCA
 905-309-9622 | ymcaofniagara.org

March Break 2020

Gymnasium Schedule

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Open Gym 5:30- 9:00 (Gym 1/2/3)	Open Gym 5:30- 9:00 (Gym 1/2/3)	Open Gym 5:30- 9:00 (Gym 1/2/3)	Open Gym 7:15- 9:00 (Gym 1/2/3)	Open Gym 5:30- 9:00 (Gym 1/2/3)	Open Gym 7:00- 8:15 (Gym 1/2/3)	Open Gym 7:00- 9:00 (Gym 1/2/3)
Camp 11:30-4:00 (Gym 1)	Camp 11:30-4:00 (Gym 1)	Camp 11:30-4:00 (Gym 1)	Camp 11:30-4:00 (Gym 1)	Camp 11:30-4:00 (Gym 1)	Family Bounce 11:15-12:00 (Gym 1)	Open Gym 9:00-12:00 (Gym 1) 10:30- 12:00 (Gym 2/3)
Open Gym 11:30-5:45 (Gym 2/3)	Pickleball 12:00-3:00 (Gym 2/3)	Open Gym 11:30-5:45 (Gym 2/3)	Pickleball 12:00-3:00 (Gym 2/3)	Pickleball 12:00-3:00 (Gym 2/3)	Open Gym 12:00- 7:45 (Gym 2/3)	Family Pickleball 12:00-2:00 (Gym 2/3)
Family Track 12:00-5:30	Family Track 12:00-5:30	Family Track 12:00-5:30	Family Track 12:00-5:30	Family Track 12:00-5:30	Family Track 12:00-5:30	Family Track 12:00-5:30
Family Bounce 4:45-5:15 (Gym 1)	Open Gym 7:45-10-15 (Gym 1)	Open Gym 7:45-10-15 (Gym 1)	Open Gym 7:45-10-15 (Gym 1)	Open Gym 7:45-10-15 (Gym 1)	Birthday Party 12:30-2:30 (Gym 1)	Birthday Party 12:30-2:30 (Gym 1)
Open Gym 7:45-10-15 (Gym 1)	Adult Volleyball 8:30-10:15 (Gym 2/3)	Adult Basketball 8:30-10:15 (Gym 2/3)	Adult Volleyball 8:30-10:15 (Gym 2/3)		Open Gym 3:00- 7:45 (Gym 1)	Open Gym 3:00- 5:45 (Gym 1)
Adult Basketball 8:30-10:15 (Gym 2/3)						



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Group Fitness Schedule

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
	Yoga 6:15-7:00 Room AB	Cyclefit 6:00-6:45 Studio	Group Power 6:00-7:00 Gym 2/3		Core Express 8:30-9:00 Gym 2/3	
Strength 9:15-10:00 Gym 2/3	Power Circuit 9:15-10:15 Gym 2/3	Group Power 9:15-10:15 Gym 2/3	Strong by Zumba 9:15-10:15 Gym 2/3	Strength 9:15-10:00 Gym 2/3	Group Power 9:15-10:15 Gym 2/3	Power Circuit 9:15-10:15 Gym 2/3
Cyclefit 9:15-10:00 Studio	Cyclefit 9:15-10:00 Studio	Cyclefit 9:15-10:00 Studio	Cyclefit 9:15-10:00 Studio	Run & Ride 9:15-10:15 Studio	Cyclefit 8:30- 9:15 Studio	Cyclefit 8:30- 9:15 Studio
Arriba 10:15-11:00 Gym2/3	20/20/20 10:30-11:30 Gym 2/3	Barre 10:30-11:15 Gym 2/3	20/20/20 10:30-11:30 Gym 2/3	Barre 10:15-11:00 Gym 2/3	Cyclefit 9:30- 10:15 Studio	
Yoga 10:15-11:15 Room AB	Yoga 10:15-11:15 Room AB	Yoga 10:15-11:15 Room AB	Gentle Yoga 10:30-11:15 Room AB	Yoga 10:15-11:15 Room AB		Yoga 10:15-11:15 Room AB
	Gentle Yoga 10:30-11:15 Room C		Gentle Yoga 10:30-11:15 Room C			
Core Express 5:30-6:00 Gym2/3		Core Express 5:30-6:00 Gym2/3				
Strong by Zumba 6:15-7:15 Gym 2/3	Group Power 6:00-7:00 Gym 2/3	Strong by Zumba 6:15-7:15 Gym 2/3	Group Power 6:00-7:00 Gym 2/3			
Cyclefit 6:00-6:45 Studio	Run & Ride 6:00-7:15 Studio	Cyclefit 6:00-6:45 Studio	Run & Ride 6:00-7:15 Studio			
Barre 7:30-8:15 Gym 2/3	H.I.I.T 7:15-8:00 Gym2/3	Power Circuit 7:30-8:30 Gym 2/3	Barre 7:15-8:00 Gym 2/3			
Yoga 8:00-9:00 Room AB	Yoga 8:00-9:00 Room AB	Core Fusion 8:15-9:00 Room AB	Yoga 8:00-9:00 Room AB			



Lane Pool

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Lane Swim 6:00-9:10	Lane Swim 6:00-9:10	Lane Swim 6:00-9:10	Lane Swim 6:00-9:10	Lane Swim 6:00-9:10	Lane Swim 7:30-8:55	Lane Swim 7:30-8:55
Aquafit 9:15-10:00	Aquafit 9:15-10:00	Aquafit 9:15-10:00	Aquafit 9:15-10:00	Aquafit 9:15-10:00	Open Swim/ 2 Lanes 9:00 -11:55	Open Swim/ 2 Lanes 9:00 -11:55
Camp/Open Swim/1 Lane 10:05-11:55	Camp/Open Swim/1 Lane 10:05-11:55	Camp/Open Swim/1 Lane 10:05-11:55	Camp/Open Swim/1 Lane 10:05-11:55	Camp/Open Swim/1 Lane 10:05-11:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55
Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Open Swim/1 Lane 1:00-5:00	Open Swim/1 Lane 1:00-4:00
Open Swim/ 2 Lanes 1:00-2:10	Community Rentals 1:00-3:00	Open Swim/ 2 Lanes 1:00-2:10	Community Rentals 1:00-3:00	Open Swim/ 2 Lanes 1:00-2:10	Lane Swim 5:05-7:30	Lane Swim 4:05-5:30
Aquafit 2:15-3:00		Aquafit 2:15-3:00				
Lane Swim 3:05-4:55	Lane Swim 3:05-4:55	Lane Swim 3:05-4:55	Lane Swim 3:05-4:55	Aquafit 2:15-3:00		
Open Swim/ 1 Lanes 5:00-7:25	Open Swim/ 1 Lanes 5:00-7:25	Open Swim/ 1 Lanes 5:00-7:25	Open Swim/ 1 Lanes 5:00-8:25	Open Swim/ 1 Lanes 5:00-7:25		
Aquafit 7:30-8:15	Aquafit 7:30-8:15	Aquafit 7:30-8:15		Family Swim + 7:30-8:00		
Lane Swim 8:30-10:00	Lane Swim 8:30-10:00	Lane Swim 8:30-10:00	Lane Swim 8:30-10:00	Lane Swim 8:30-10:00		
Aquatic Admission Standards apply.						
Swimming lessons will resume March 23						



Leisure Pool

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Open Swim 8:00-10:00	Open Swim 8:00-10:00	Open Swim 8:00-10:00	Open Swim 8:00-10:00	Open Swim 8:00-10:00	Open Siwm 8:00-5:00	Open Siwim 8:00-3:30
Camp/Open Swim 10:00-12:00	Camp/Open Swim 10:00-12:00	Camp/Open Swim 10:00-12:00	Camp/Open Swim 10:00-12:00	Camp/Open Swim 10:00-12:00	Family Swim 5:00-7:00	Family Swim 3:30-5:00
Open Swim 12:00-8:00	Open Swim 12:00-1:00	Open Swim 12:00-8:00	Open Swim 12:00-1:00	Open Swim 12:00-8:00		
	Community Rentals 1:00-3:00		Community Rentals 1:00-3:00			
	Open Swim 3:00-8:00		Open Swim 3:00-8:00			
Aquatic Admission Standards apply.						
Swimming lessons will resume March 23						



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Child/Youth Programs

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Child Minding 9:00-11:30	Child Minding 9:00-11:30	Child Minding 9:00-11:30	Child Minding 9:00-11:30	Child Minding 9:00-11:30	Child Minding 9:00-11:30	Child Minding 9:00-11:30
Active Kids (3-5yrs) 9:00-11:00 Room C		Active Kids (3-5yrs) 9:00-11:00 Room C		Active Kids (3-5yrs) 9:00-11:00 Room C	Active Kids (3-5yrs) 9:00-10:00 Room AB 10:00-11:00 Room C	
Games Galore (6-12yrs) 9:00-11:00 Gym 1		Games Galore (6-12yrs) 9:00-11:00 Gym 1		Games Galore (6-12yrs) 9:00-11:00 Gym 1	Games Galore (6-12yrs) 9:00-10:00 Gym 1 10:00-11:00 Room AB	
Family Bounce 4:45-5:15 Gym 1					GROW (10-15yrs) 10:45-11:30 SYNERGY	
Child Minding 5:30-8:00	Child Minding 5:30-8:00	Child Minding 5:30-8:00	Child Minding 5:30-8:00	Child Minding 5:30-8:00		
Active Kids (3-5yrs) 5:30-6:30 Room AB	Active Kids (3-5yrs) 5:30-6:30 Room AB	Active Kids (3-5yrs) 5:30-6:30 Room AB	Active Kids (3-5yrs) 5:30-6:30 Room AB			
Active Kids (3-5yrs) 6:30-7:30 Room C	Active Kids (3-5yrs) 6:30-7:30 Room C	Active Kids (3-5yrs) 6:30-7:30 Room C	Active Kids (3-5yrs) 6:30-7:30 Room C			
Games Galore (6-12yrs) 5:30-6:30 Gym 1	Games Galore (6-12yrs) 5:30-6:30 Gym 1	Games Galore (6-12yrs) 5:30-6:30 Gym 1	Games Galore (6-12yrs) 5:30-6:30 Gym 1			
Games Galore (6-12yrs) 6:30-7:30 Room AB	Games Galore (6-12yrs) 6:30-7:30 Room AB	Games Galore (6-12yrs) 6:30-7:30 Room AB	Games Galore (6-12yrs) 6:30-7:30 Room AB			