YMCA of Niagara
Walker Family YMCA
905-934-9622 | ymcaofniagara.org

March Break 2020

East Gym Schedule

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Open Gym 5:15-8:45	Open Gym 5:15-8:45	Open Gym 5:15-8:45	Open Gym 5:15-8:45	Open Gym 5:15-8:45	Open Gym 7:00-8:45am	Open Gym 7:00am-8:45am
Child and Youth Programs 9:00-10:30	Child and Youth Programs 9:00-11:00	Child and Youth Programs 9:00-10:45	Child and Youth Programs 9:00-11:00	H.I.I.T 9:15-10:00	Child and Youth Programs 9:00-11:00	Child and Youth Programs 9:00-10:30
Gentle Circuit 10:45-11:30	Camp 11:15-12:45	Gentle Strength 11:00-12:00	Camp 11:15-12:45	Youth Program 10:15-11:00	Open Gym 11:00-12:30	Family Gym + Bounce 10:45-12:30
Camp 11:45-12:45	Open Gym 1:00-3:00	Camp 12:15-12:45	Open Gym 1:00-3:00	Camp 11:15-12:45	Birthday Party 12:30-3:30	Birthday Party 12:30-3:30
Pickleball 1:00-3:00	Camp 3:00-5:00	Pickleball 1:00-3:00	Camp 3:00-5:00	Pickleball 1:00-3:00	Open Gym 3:30-8:50	Open Gym 3:30-5:50
Camp 3:15-5:00	Child and Youth Programs 5:15-8:00	Camp 3:15-5:00	Child and Youth Programs 5:15-8:00	Open Gym 3:00-9:00		
Child and Youth Programs 5:15-8:00	Open Gym 8:00-9:00	Child and Youth Programs 5:15-8:00	Open Gym 8:00-9:00	Taekwondo 5:15-7:00		
Open Gym 8:00-9:00	Adult Basketball (16+) 9:00-10:50	Adult Volleyball (16+) 8:00-10:50	Adult Volleyball (16+) 9:00-10:50	Open Gym 7:00-9:00		
Adult Basketball (16+) 9:00-10:50				Adult Basketball (16+) 9:00-10:50		

Fitness classes will be running as normal. Please refer to the Winter/Spring Program Schedule.

YMCA of Niagara
Walker Family YMCA
905-934-9622 | ymcaofniagara.org

March Break 2020

West Gym Schedule

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Open Gym 5:15-9:00	Open Gym 5:15-6:15	Open Gym 5:15-6:00	Open Gym 5:15-6:15	Open Gym 5:15-6:00	Open Gym 7:00-7:45	Open Gym 7:00am-7:45am
Strong by Zumba 9:15-1015	Boxfit 6:30-7:15	Group Power 6:10-7:10	Boxfit 6:30-7:15	Strength 6:15-7:00	Group Power 8:00-9:00	Community Group 7:45-9:00
Gentle Circuit 10:45-11:30	Open Gym 7:30-8:15	Open Gym 7:25-8:45	Barre 8:00-8:45	Open Gym 7:15-8:15	Strong by Zumba 9:15-10:15	Step 9:15-10:00
Open Gym 11:45-12:45	Core Fusion 8:30-9:00	Zumba 9:00-9:45	H.I.I.T 9:15-10:00	Core Fusion 8:30-9:00	Zumba 10:30-11:30	Group Power 10:10-11:10
Pickleball 1:00-3:00	Step 9:15-10:00	Barre 10:00-10:45	Group Power 10:10-11:10	H.I.I.T 9:15-10:15	Open Gym 11:45-8:50	Family Drumfit 11:30-12:00
Open Gym 3:15-5:15	Group Power 10:10-11:10	Gentle Strength 11:00-12:00	Gentle Balance and Strength 11:30-12:15	Gentle Dance and Cardio 10:45-11:30		Family Gym 12:00-1:00
Step 5:30-6:15	Gentle Balance and Strength 11:30-12:15	Open Gym 12:15-12:45	Open Gym 12:30-5:15	Open Gym 11:45-12:45		Open Gym 1:00-5:50
Group Power 6:30-7:30	Open Gym 12:30-5:15	Pickleball 1:00-3:00	H.I.I.T 5:30-6:30	Pickleball 1:00-3:00		
Open Gym 7:45-9:00	Strength 5:30-6:30	Open Gym 3:15-5:15	Zumba 6:45-7:45	Open Gym 3:00-9:00		
Adult Basketball (16+) 9:00-10:50	Zumba 6:45-7:45	Group Power 5:30-6:30	Open Gym 8:00-9:00	Taekwondo 5:15-7:00		
	Open Gym 8:00-9:00	Strong by Zumba 6:45-7:30	Adult Basketball (16+) 9:00-10:50	Open Gym 7:00-9:00		
	Adult Basketball (16+) 9:00-10:50	Adult Volleyball (16+) 8:00-10:50		Adult Basketball (16+) 9:00-10:50		

Fitness classes will be running as normal. Please refer to the Winter/Spring Program Schedule.

March Break 2020

YMCA of Niagara
Walker Family YMCA
905-934-9622 | ymcaofniagara.org

Pool

MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
Lane Swim 6:00-9:00	Lane Swim 6:00-9:00	Lane Swim 6:30-9:00	Lane Swim 6:30-9:00	Lane Swim 6:30-9:00	Lane Swim 7:30-8:55	Lane Swim 7:30-9:00
Aquafit 9:10-9:55	Aquafit 9:10-9:55	Aquafit 9:10-9:55	Aquafit 9:10-9:55	Aquafit 9:10-9:55	Open Swim/ 2 Lanes 9:00 -12:00	Aquafit/ 2 Lanes 9:10-9:55
Family Swim/2 lanes 10:00-12:00	Family Swim/2 lanes 10:00-12:00	Family Swim/ 2 Lanes 10:00-12:00	Family Swim/ 2 Lanes 10:00-12:00	Family Swim/ 2 Lanes 10:00-11:10	Lane Swim 12:00-12:55	Open Swim/ 2 Lanes 10:00 -12:00
Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Lane Swim 12:00-12:55	Aquafit Mod. 11:15-12:00	Family Swim/Party 1:00-2:30	Lane Swim 12:00-12:55
Open Swim/ Camp 1:00-2:10	Open Swim/ Camp 1:00-2:10	Open Swim/ Camp 1:00-2:10	Open Swim/ Camp 1:00-2:10	Lane Swim 12:00-12:55	Open Swim/ 2 Lanes 2:30-6:30	Family Swim/Party 1:00-2:30
Aquafit 2:15-3:00	Aquafit/ 2 Lanes 2:15-3:00	Aquafit/ 2 Lanes 2:15-3:00	Aquafit 2:15-3:00	Open Swim/ Camp 1:00-2:10	Lane Swim 6:30-8:00	Open Swim/ 2 Lanes 2:30-4:30
Lane Swim 3:00-4:25	Lane Swim 3:00-4:25	Lane Swim 3:00-4:25	Lane Swim 3:00-4:25	Aquafit 2:15-3:00		Lane Swim 4:30-5:30
Open Swim/ 2 Lanes 4:30-7:25	Open Swim/ 2 Lanes 4:30-8:30	Open Swim/ 2 Lanes 4:30-7:25	Open Swim/ 2 Lanes 4:30-8:30	Lane Swim 3:00-4:25		
Aquafit/ 2 Lanes 7:30-8:15	Lane Swim 8:30-10:00	Aquafit/ 2 Lanes 7:30-8:15	Lane Swim 8:30-10:00	Open Swim/ 2 Lanes 4:30-8:30		
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

March Break 2020

YMCA of Niagara
Walker Family YMCA
905-934-9622 | ymcaofniagara.org

Child and Youth Programs

	MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21	SUNDAY March 22
MORNING	Active Kids (3-5 yrs) 9:00-11:00 (East Gym, Room D)	Active Kids (3-5 yrs) 9:00-11:00 (East Gym, Room D)	Active Kids (3-5 yrs) 9:00-11:00 (East Gym, Room D)	Active Kids (3-5 yrs) 9:00-11:00 (East Gym, Room D)	Active Kids (3-5 yrs) 9:00-11:00 (East Gym, Room D)	Active Kids (3-5 yrs) 9:00-11:00 (Child Care, Room D)	Active Kids (3-5 yrs) 9:00-10:30 (Child Care)
MORNING	Games Galore (6-12yrs) 9:00-11:00 (Room ABC, East Gym)	Games Galore (6-12yrs) 9:00-11:00 (Room ABC, East Gym)	Games Galore (6-12yrs) 9:00-11:00 (Room ABC, East Gym)	Games Galore (6-12yrs) 9:00-11:00 (Room ABC, East Gym)	Games Galore (6-12yrs) 9:00-11:00 (Room ABC, East Gym)	Games Galore/ Super Sports (6-12yrs) 9:00-11:30 (East Gym, Room ABC)	Games Galore (6-12yrs) 9:00-10:30 (Room ABC)
EVENING	Active Kids (3-5 yrs) 5:15-7:45 (East Gym, Room D, CC)	Active Kids (3-5 yrs) 5:15-7:45 (East Gym, Room D, CC)	Active Kids (3-5 yrs) 5:15-7:45 (East Gym, Room D, CC)	Active Kids (3-5 yrs) 5:15-7:45 (East Gym, Room D, CC)			
EVENING	Games Galore/ Super Sports (6-12yrs) 5:15-8:00 (Room ABC, East Gym)	Games Galore/ Super Sports (6-12yrs) 5:15-8:00 (Room ABC, East Gym)	Games Galore/ Super Sports (6-12yrs) 5:15-8:00 (Room ABC, East Gym)	Games Galore/ Super Sports (6-12yrs) 5:15-8:00 (Room ABC, East Gym)			

YMCA Child Minding

Monday-Sunday 9:00am to 12:00pm

Monday-Thursday 5:15pm to 8:00pm

Fees:

Hourly fee per child: $3.25

Monthly Pass per child: $42.00

30-Minute Punch Card: $31.00