



### PHASE 1 REACTIVATION HOURS OF OPERATION & GYMS SCHEDULE

#### Operating Hours

Closed daily for cleaning: 12:00-1:00pm & 4:00-5:00pm

Monday - Friday: 8:00am - 8:00pm

Saturday: 8:00am - 4:00pm

Sunday: Closed

#### Pool Hours

Monday - Friday: 9:00am - 12:00pm &  
5:00pm - 8:00pm

Saturday: 9:00am - 12:00pm &  
1:00pm - 3:00pm

Sunday: Closed

#### GYM 1 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Basketball</b> 8:00-10:00am			
<b>Basketball</b> 10:00am-12:00pm	<b>Basketball</b> 10:00am-12:00pm		<b>Pickleball</b> 10:00am-12:00pm		<b>Basketball</b> 10:00am-12:00pm
<b>Pickleball</b> 1:00-4:00pm	<b>Pickleball</b> 1:00-4:00pm			<b>Pickleball</b> 1:00-4:00pm	<b>Basketball</b> 1:00pm-4:00pm
<b>Basketball</b> 5:00-8:00pm	<b>Basketball</b> 5:00-8:00pm	<b>Basketball</b> 5:00-8:00pm	<b>Basketball</b> 5:00-8:00pm	<b>Basketball</b> 5:00-8:00pm	

#### GYM 2 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Mix</b> 9:15-10:00am	<b>Aquafit</b> 9:05-9:50am		<b>Arriba</b> 9:15-10:00am	<b>Aquafit</b> 9:05-9:50am	<b>Strength</b> 9:15-10:00am
		<b>Strength</b> 10:15-11:00am		<b>Yoga</b> 10:15-11:00am	
	<b>Gentlefit</b> 1:00-1:45pm	<b>Yoga</b> 1:00-1:45pm		<b>Gentlefit</b> 1:00-1:45pm	
<b>Strength</b> 5:45-6:30pm		<b>Arriba</b> 5:45-6:30pm			
	<b>Cardio Mix</b> 6:15-7:00pm		<b>Cardio Mix</b> 6:00-6:45pm		



### PHASE 1 REACTIVATION AQUATICS INFORMATION & SCHEDULE

The change rooms are closed with the exception of limited access for pre-booked swimmers only.

The pool is open for Lane Swims and Aquafit classes.

A Lane Swim and Aquafit spot is booked using EZ Facility in 60-minute blocks of time. This includes arrival, use of a change stall, a cleansing shower (required before entering the pool), 45 minutes of swim time, and exit.

Swimmers should arrive with their suit on at the top of the hour and be prepared to exit the pool after their 45 minutes of swim time so disinfection can take place.

Lane swim times can be used for swimming lengths, water walking, therapeutic exercise with one person per lane.

Swimmers may be asked to complete a swim test.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
9:00	<b>Lane swim</b> 9:00am-12:00pm	<b>Aquafit</b> 9:05-9:50am	<b>Lane swim</b> 9:00am-12:00pm	<b>Lane swim</b> 9:00am-12:00pm	<b>Aquafit</b> 9:05-9:50am	<b>Lane swim</b> 9:00am-12:00pm				
9:30										
10:00										
10:30		<b>Lane swim</b> 10:00am-12:00pm					<b>Lane swim</b> 10:00am-12:00pm			
11:00										
11:30										
12:00	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>				
12:30										
1:00										
1:30									<b>Lane swim</b> 1:00-3:00pm	
2:00										
2:30										
3:00					<b>Closed</b>					
3:30										
4:00										
4:30										
5:00	<b>Lane swim</b> 5:00-8:00pm	<b>Lane swim</b> 5:00-8:00pm	<b>Lane swim</b> 5:00-8:00pm	<b>Lane swim</b> 5:00-8:00pm		<b>Lane swim</b> 5:00-8:00pm				
5:30										
5:45										
6:00										
6:30										
6:45										
7:00										
7:30										
8:00	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>					



**YMCA of  
Niagara**

# Port Colborne YMCA

## Phase 1 Reactivation Schedule

Effective September 30, 2020

**Masks must be worn upon entry to the facility, and worn while moving about, but may be removed ONLY when using equipment or engaged in exercise.**

### GENERAL INFORMATION

The change rooms are closed with the exception of limited access for pre-booked swimmers only.

Members are expected to physically distance themselves in the facility.

Please do not bring valuables with you to the YMCA as there will be no locker use.

Members should arrive dressed in their exercise gear —coat racks will be provided adjacent to each workout area.

Members should bring their own water bottle and towel as there is no towel service at this time.

Water bottle filling stations will be available.

There are no drop ins, day passes or guest passes, access is only available to YMCA of Niagara members at this time.

### HEALTH CHECK

A health check, including a temperature check, is required prior to entering the facility.

Each member MUST complete the digital health check up to two hours prior to arriving at the Y.

Visit [ymcaofniagara.org/screening](https://ymcaofniagara.org/screening) and complete the health check. Be prepared to show your mobile 'green' screen upon entering the YMCA where you swipe your membership card to enter.

Health checks can also be completed in person upon arrival.

### FITNESS CENTRE

For your convenience the Fitness Centre does not need to be booked in advance.

For physical distancing, the Fitness Centre will have a maximum number of members able to attend per hour.

Fitness staff on the floor will help members to navigate available equipment and space.

We appreciate your patience and understanding as we adhere to physical distancing standards.

As a courtesy to all members, we ask you to limit your visits to 60 minutes once per day.

### CLEANING CLOSURES:

Please note we are closed everyday from 12:00-1:00 PM, and 4:00-5:00 PM for deep cleaning and disinfection of our facility and equipment.

### PRE-BOOKED CLASSES & ACTIVITIES

The following classes and activities must be pre-booked using EZ Facility:

**Fitness Classes** | indoors/outdoors weather dependant

**Lane Swim** | 60 minutes including change time

**Basketball Nets** | 30-minute time blocks (max 2 consecutive), one person per net, must bring your own ball

**Pickleball** | 60-minute time block

### USING EZ FACILITY

Once you activate your membership, you will be sent a link to create your unique login for EZ Facility.

To book a session, go to [ymcaofniagara.org/ezfacility](https://ymcaofniagara.org/ezfacility).

Input your login information.

Click the "Book Sessions" tab in the left navigation bar, take a look at the available classes and activities.

Select "Book" beside your choice.

You will then be sent a confirmation email with your booking.

Please note, you can book your session up to seven days in advance.

### MORE INFORMATION

Every day from 1:00pm – 2:00pm is reserved for Seniors only.

Financial Assistance is available. For more information, please email [customerservice@niagara.ymca.ca](mailto:customerservice@niagara.ymca.ca).

During Stage One, members 13+ will be permitted to use the facility. All memberships for those under the age of 13 will remain on hold.

### Contact Information

550 Elizabeth St, Port Colborne

Phone: (905) 835-9622

Email: [customerservice@niagara.ymca.ca](mailto:customerservice@niagara.ymca.ca)



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