



**YMCA of
Niagara**

Walker Family YMCA

Phase 1 Reactivation Schedule

Effective September 30, 2020

PHASE 1 REACTIVATION HOURS OF OPERATION & GYM 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

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Mix 9:15-10:00am Gym	Strength 9:15-10:00am Gym	Cardio Mix 9:15-10:00am Gym	Strength 9:15-10:00am Gym	Gravity 8:15-9:00am 3rd Floor	Gravity 8:15-9:00am 3rd Floor
Gravity 11:00-11:45am 3rd Floor	Boxfit 11:00-11:45am Gym	Gravity 11:00-11:45am 3rd Floor	Cardio Mix 11:00-11:45am Gym	Cardio Mix 9:30-10:15am Gym	Cardio Mix 9:30-10:15am Gym
Gentle Fit 1:15-2:00pm Gym	Gentle Yoga 1:15-2:00pm Gym	Gentle Fit 1:15-2:00pm Gym	Gentle Yoga 1:15-2:00pm Gym	Gentle Fit 1:15-2:00pm Gym	
HIIT 5:30-6:15pm Gym	Strength 5:30-6:15pm Gym	HIIT 5:30-6:15pm Gym	Strength 5:30-6:15pm Gym		
Yoga 6:45-7:30pm Gym		Yoga 6:45-7:30pm Gym			

GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 2:30-4:00pm		Pickleball 2:30-4:00pm		Pickleball 2:30-4:00pm	Basketball 1:00-4:00pm
	Basketball 7:00-8:00pm		Basketball 7:00-8:00pm	Basketball 5:00-8:00pm	

*Racquetball & Squash Courts available. See EZ Facility for times and bookings

• SCHEDULES ARE SUBJECT TO CHANGE •



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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

All locker rooms are closed.

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.

Walking tracks are currently closed.

There are no drop ins, day passes or guest passes 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 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 4:00-5:00pm 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
- Basketball Nets** | 30-minute time blocks (max 2 consecutive), one person per net, must bring your own ball
- Racquet Courts** | 60-minute time block, 45 minutes of play plus 15 minutes recovery, max 2 people per time slot

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.

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.

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

25 YMCA Drive, St. Catharines

Phone: (905)-934-9622

Email: customerservice@niagara.ymca.ca



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