



STAGE 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
		Basketball 8:00-10:00am			
Basketball 10:00am-12:00pm	Basketball 10:00am-12:00pm		Pickleball 10:00am-12:00pm		Basketball 10:00am-12:00pm
Pickleball 1:00-4:00pm	Pickleball 1:00-4:00pm			Pickleball 1:00-4:00pm	Basketball 1:00pm-4:00pm
Basketball 5:00-8:00pm	Basketball 5:00-8:00pm	Basketball 5:00-8:00pm	Basketball 5:00-8:00pm	Basketball 5:00-8:00pm	

GYM 2 SCHEDULE

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



STAGE 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	Lane swim 9:00am-12:00pm	Aquafit 9:05-9:50am	Lane swim 9:00am-12:00pm	Lane swim 9:00am-12:00pm	Aquafit 9:05-9:50am	Lane swim 9:00am-12:00pm				
9:30										
10:00										
10:30		Lane swim 10:00am-12:00pm					Lane swim 10:00am-12:00pm			
11:00										
11:30										
12:00	Closed	Closed	Closed	Closed	Closed	Closed				
12:30										
1:00										
1:30									Lane swim 1:00-3:00pm	
2:00										
2:30										
3:00					Closed					
3:30										
4:00										
4:30										
5:00	Lane swim 5:00-8:00pm	Lane swim 5:00-8:00pm	Lane swim 5:00-8:00pm	Lane swim 5:00-8:00pm		Lane swim 5:00-8:00pm				
5:30										
5:45										
6:00										
6:30										
6:45										
7:00										
7:30										
8:00	Closed	Closed	Closed	Closed	Closed					



**YMCA of
Niagara**

Port Colborne YMCA

Stage 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 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.

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

550 Elizabeth St, Port Colborne

Phone: (905) 835-9622

Email: customerservice@niagara.ymca.ca



@ymcaniagara
ymcaofniagara.org