



**YMCA of
Niagara**

Niagara West YMCA

Schedule Effective November 2, 2020

HOURS OF OPERATION & GYM SCHEDULE

Operating Hours

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

Monday - Friday: 7:00am - 8:00pm

Saturday: 8:00am - 4:00pm

Sunday: Closed

Pool Hours

Monday - Friday: 7:00am - 12:00pm &
5:00pm - 8:00pm

Saturday: 8:00am - 12:00pm &
1:00pm - 4:00pm

Sunday: Closed

GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Mix 9:15-10:00am Gym 2	Hiit (Cycle/ Row/Strength) 9:15-10:00am Gym 1	Strength 9:15-10:00am Gym 2		Cardio Mix 9:15-10:00am Gym 2	Strength 9:15-10:00am Gym 2
Hiit (Cycle/ Row/Strength) 10:15-11:00am Gym 1	Yoga 10:15-11:00am (room AB)	Hiit (Cycle/ Row/Strength) 10:15-11:00am Gym 1	Hiit (Cycle/ Row/Strength) 10:15-11:00am Gym 1	Yoga 10:15-11:00am (room AB)	
Gentle Yoga 1:15-2:00pm Room AB	Gentlefit 1:15- 2:00pm Gym 2	Open Gym 1:00pm - 5:00pm Gym 2	Gentlefit 1:15- 2:00pm Gym 2		
Pickleball 1:00-3:00pm Gym 2	Open Gym 2:30pm - 5:30pm Gym 2		Open Gym 2:30pm - 5:30pm Gym 2	Pickleball 1:00-3:00pm Gym 2	Basketball 1:00-3:00pm Gym 2
Hiit (Cycle/ Row/Strength) 6:00-6:45pm Gym 1	Strength 6:15-7:00pm Gym 2	Hiit (Cycle/ Row/Strength) 6:00-6:45pm Gym 1	Cardio Mix 6:15-7:00pm Gym 2		
Yoga 7:00-7:45pm (room AB)		Yoga 7:00-7:45pm (room AB)			
Basketball 7:00-8:00pm Gym 2	Open Gym 7:00pm - 8:00pm Gym 2	Basketball 7:00-8:00pm Gym 2	Open Gym 7:00pm - 8:00pm Gym 2	Basketball 5:00-8:00pm Gym 2	

• SCHEDULES ARE SUBJECT TO CHANGE •



**YMCA of
Niagara**

Niagara West YMCA

Schedule Effective November 2, 2020

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

• SCHEDULES ARE SUBJECT TO CHANGE •



**YMCA of
Niagara**

Niagara West YMCA

Schedule Effective November 2, 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.**
Based on provincial guidelines, we must manage and predict attendance to the YMCA. Members must book their workout in advance using EZ Facility.

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.

Walking tracks are currently closed.

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 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 are available:

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

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

325 Main St. E, Grimsby

Phone: (905)-309-9622

Email: customerservice@niagara.ymca.ca



@ymcaniagara
ymcaofniagara.org