



**YMCA of
Niagara**

Niagara Centre YMCA

Schedule Effective December 1, 2020

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

GYM SCHEDULE | Additional classes may be offered. Please check EZ Facility for additional times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00am Cardio Gym	9:15-10:00am Strength Gym	9:15-10:00am Cardio Gym	9:15-10:00am Strength Gym	9:15-9:00am Cardio Gym	9:15-10:00am Strength Gym
	10:15-11:00am Gentle Fit Gym	10:15-11:00am Yoga Room AB		10:15-11:00am Gentle Fit Gym	10:15-11:00am Yoga Room AB
1:05-3:00pm Pickleball Gym		1:05-3:00pm Pickleball Gym		1:05-3:00pm Pickleball Gym	1:05-3:00pm Basketball Gym
6:15-7:00pm Strength Gym	6:15-7:00pm Yoga Room AB	6:15-7:00pm Cardio Gym	6:15-7:00pm Yoga Room AB		
7:15-8:00pm Basketball Gym	7:15-8:00pm Open Gym Gym	7:15-8:00pm Basketball Gym	7:15-8:00pm Open Gym Gym	7:15-8:00pm Basketball Gym	



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	Closed	Closed	Closed	Closed	Closed	Closed
7:30						
8:00	Lane swim 8:00am-12:00pm	Lane swim 8:00am-12:00pm	Lane swim 8:00am-12:00pm	Lane swim 8:00am-12:00pm	Lane swim 8:00am-12:00pm	Lane swim 8:00am-12:00pm
8:30						
9:00						
9:30						
10:00						
10:30						
11:00	Closed	Closed	Closed	Closed	Closed	Closed
11:30						
12:00	Closed	Closed	Closed	Closed	Closed	Closed
12:30						
1:00	Lane swim 1:00-4:00pm	Aquafit 1:10-1:55pm	Aquafit 1:10-1:55pm	Aquafit 1:10-1:55pm	Aquafit 1:10-1:55pm	Aquafit 1:10-1:55pm
1:30						
2:00		Closed	Lane swim 2:00-4:00pm	Closed	Lane swim 2:00-4:00pm	Lane swim 2:00x-4:00pm
2:30						
3:00						
3:30		Closed	Closed	Closed	Closed	Closed
4:00						
4:30						
5:00						
5:30						
5:45						
6:00	Closed	Lane swim 5:00-8:00pm	Closed	Lane swim 5:00-8:00pm	Closed	Closed
6:30						
6:45						
7:00						
7:30	Closed	Closed	Closed	Closed	Closed	Closed
8:00						



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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.

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

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.

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.

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 are available:

Fitness Centre | 60 minute time block

Fitness Classes | 45 minute time block

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

Racquet Courts | 60-minute time block, 45 minutes of play plus 15 minutes recovery, max 2 people per time slot

Walking Track | 30-minute time block, max 2 consecutive, limited people per time slot, no running, must wear a mask while using track

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.

In addition to equipment and machines on the Fitness Floor, we have Cycle Bikes and Rowing Machines available for use in the main lobby.

Contact Information

310 Woodlawn Rd, Welland

Phone: (905)-745-9622

Email: customerservice@niagara.ymca.ca



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