

Niagara West 2025 Spring Schedules

CHILD AND YOUTH PROGRAMS

DROP-IN RECREATION PROGRAMS

Active Child Membership Required for Drop-In Programs

Drop-In	Monday evenings	3 to 12 years	5:30pm - 7:30pm
Drop-In	Wednesday evenings	3 to 12 years	5:30pm - 7:30pm
Drop-In	Friday evenings	3 to 12 years	5:30pm - 7:30pm

***Times subject to change. Please check EZ Facility for updated times. Participants are divided up into age appropriate groups based on registration numbers.**

REGISTERED SKILL-BASED PROGRAMS		Runs for 12 weeks (Mar 23 - Jun 14)	
Program	Age	Day	Time
Taekwondo	6 to 9 years	Thursdays	5:30pm - 6:15pm
Taekwondo	10 to 15 years	Thursdays	6:30pm to 7:15pm
Basketball Skills	6 to 15 years	Thursdays	7:30pm to 8:15pm
KidFit Cardio	3 to 5 years	Saturdays	11:00am - 11:30am
Cardio Power	6 to 12 years	Saturdays	11:45am to 12:30pm

***Schedule subject to change based on registration levels**

Being a YMCA Child Member is Better!

- Priority Registration for Skill-Based Programs and Specialty Programs
- Membership discount on additional Registered Skill-Based Programs
- Membership discount for a YMCA Birthday Party
- One Registered Skill-Based Program
- Unlimited Open Swim and Open Gym
- Fitness Floor Access for Members 10-12 years of age with a guardian
- Unlimited Drop-In Recreation Programs



Register online at
ymcaofniagara.org