

Schedule at a Glance

Fort Erie E.J. Freeland YMCA

1555 Garrison Road
Fort Erie, ON L2A 1P8
905-871-9622

visit our website www.ymcaofniagara.org

Building Hours

Monday - Friday 6:00am - 10:00pm

Saturday 7:00am - 6:00pm

Sunday 7:00am - 6:00pm

Holidays 7:00am - 4:00pm



MONDAY						TUESDAY							
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2	Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25						6	Lane Swim 6:00-8:25			Cyclefit 6:15-7:00		
7							7						
8	Aqua Jog 8:30-9:15						8	Aqua Jog 8:30-9:15					
9	Aqua Fit 9:15-10:00	Active Kids 3-5 yrs 9:00-9:45	Cardio Mix 9:00-10:00			Active Kids 3-5 yrs 9:45-10:30	9	Swim to Survive 9:15-10:15	One Lane 9:15-12:00	Zumba 9:00-10:00			Active Kids 3-5 yrs 9:00-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00					10	Family Swim 10:15-12:00		Yoga Fitness 10:15-11:15			
11							11						
12	Lane Swim 12:00-1:00						12	Lane Swim 12:00-1:00					
1	Open Swim 1:00-3:30	One Lane 1:00-3:30					1	Open Swim 1:00-3:30	One Lane 1:00-3:30				
2							2						
3	Lane Swim 3:30-4:30						3	Lane Swim 3:30-4:30					
4	Lessons 4:30-6:30						4	Lessons 4:30-6:30					
5							5		Family Time 5:15-6:00				
6	Open Swim 6:30-8:15	One Lane 6:30-8:45	Preschool Sports 5:15-6:00	On the Ball 5:30-6:20		Fun Factory 6-12 yrs 6:00-7:30	6	Aquafit 6:30-7:15	One Lane 6:30-8:15	Active Kids 3-5 yrs 6:00-6:45	20/20/20 5:30-6:30	Discovery Club 6-12 yrs 6:00-7:00	Busy Buds 3-5 yrs 6:45-7:30
7			Soccer 6-8 yr 6:00-6:45	Cardio Blast 6:30-7:30	Cyclefit 6:30-7:15	6-12 yrs 6:00-7:30	7	Open Swim 7:15-8:15		Super Sports 6-12 yrs 7:00-7:30	Body Sculpt 6:30-7:20	Cyclefit 6:30-7:15	6-12 yrs 6:00-7:00
8	Adult Lessons 8:15-8:45		Soccer 9-12 yr 6:45-7:30	Karate 7:45-8:45			8	Lane Swim 8:15-9:30					
9	Lane Swim 8:45-9:30		Adult Basketball 8:00-9:30				9						
10							10						

WEDNESDAY						THURSDAY							
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2	Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25						6	Lane Swim 6:00-8:25			Cyclefit 6:15-7:00		
7							7						
8	Aqua Jog 8:30-9:15						8	Aqua Jog 8:30-9:15					
9	Aquafit 9:15-10:00	Active Kids 3-5 yrs 9:00-9:45	20/20/20 9:00-10:00			Active Kids 3-5 yrs 9:45-10:30	9	Family Swim 9:15-12:00	One Lane 9:15-12:00	Active Kids 3-5 yrs 9:00-9:45	On the Ball 9:00-10:00	Cyclefit 9:00-9:45	Active Kids 3-5 yrs 9:45-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00	Core Fusion 10:15-11:00				10			Yoga Fitness 10:15-11:15			
11							11						
12	Lane Swim 12:00-1:00						12	Lane Swim 12:00-1:00					
1	Swim to Survive 1:00-3:30	One Lane 1:00-3:30					1	Open Swim 1:00-3:30	One Lane 1:00-3:30				
2							2						
3	Lane Swim 3:30-4:30						3	Lane Swim 3:30-4:30					
4	Lessons 4:30-6:30						4	Lessons 4:30-6:30					
5							5		Super Sports 6:00-6:45	Body Sculpt 5:30-6:20			
6	Open Swim 6:30-8:15	One Lane 6:30-9:30	Zumba 6:30-7:30	Beg. Karate 6:30-7:30	Cyclefit 6:30-7:15	Fun Factory 6-12 yrs 6:00-7:30	6	Aquafit 6:30-7:15	One Lane 6:30-8:15	Jr. Leaders 6:45-7:30	Cardio Sculpt 6:30-7:30	Cyclefit 6:00-6:45	Jr. Leaders 6:00-6:45
7			Adv. Karate 7:30-9:00	Yoga Fitness 7:45-8:45			7	Open Swim 7:15-8:15		Sr. Leaders 7:00-7:30	Advanced 7:00-8:30	Cyclefit 6:00-6:45	Discovery Club 6-12 yrs 6:45-7:30
8	Adult Lessons 8:15-8:45						8	Lane Swim 8:15-9:30		Youth Volleyball 12-15 yrs 7:30-8:30			Sr. Leaders 7:30-8:30
9	Lane Swim 8:45-9:30						9			Adult Volleyball 8:30-9:45			
10							10						

FRIDAY						
Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6	Lane Swim 6:00-8:25					
7						
8	Aqua Jog 8:30-9:15					
9	Aquafit 9:15-10:00	Active Kids 3-5 yrs 9:00-9:45	Body Sculpt 9:00-10:00			Active Kids 3-5 yrs 9:45-10:30
10	Family Swim 10:00-12:00	One Lane 10:00-12:00				
11						
12	Lane Swim 12:00-1:00					
1	Swim to Survive 1:00-2:00	One Lane 1:00-3:30				
2	Open Swim 2:00-3:30					
3	Lane Swim 3:30-4:30					
4	Lessons 4:30-6:30					
5		Family Gym 4:30-5:30				
6	Family Swim 6:30-7:30	One Lane 6:30-8:30				
7	Open Swim 7:30-8:30					
8	Lane Swim 8:30-9:30					
9						
10						

SATURDAY

Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6						
7	Lane Swim 7:00-9:00					
8		Youth Leagues 8:00-6:00		Cyclefit 8:00-8:45		
9	Lessons 9:00-1:00		Instrs Choice 9:00-10:00 Yoga Fitness 10:15-11:15		Saturday Morning Club 6-12 yrs 9:00-10:30	Busy Buds 3-5 yrs 9:00-10:30
10						
11						
12	One Lane 12:00-4:00					
1	Family Swim 1:00-2:00 Open Swim 2:00-4:00					
2						
3						
4	Lane Swim 4:00-5:30					
5						
6						

Swim Lessons

Registration required for all classes except L'il Dippers 1 and Adult Learn to Swim

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
L'il Dippers 1 6mths-5yrs Parent Participation Splashers & Bubblers Open Access	5:30-6:00pm	10:15-10:45am	6:00-6:30pm			10:00-10:30am	
L'il Dippers 2 3-5 years Bobbbers, Floaters Gliders, Divers, Surfers & Dippers	4:30-5:00pm 6:00-6:30pm	5:30-6:00pm 6:00-6:30pm	4:30-5:00pm 6:00-6:30pm	4:30-5:00pm 6:00-6:30pm	5:00-5:30pm 5:30-6:00pm	9:00-9:30am 11:30-12:00am	
Learn to Swim Otter, Seal, Dolphin, Swimmer 6+ years	5:00-5:30pm	4:30-5:00pm	5:30-6:00pm	5:00-5:30pm	6:00-6:30pm	9:30-10:00am 10:30-11:00am	
Stars 1-6 6+ years	5:30-6:00pm	5:00-5:30pm	5:00-5:30pm	5:30-6:00pm	4:30-5:00pm	10:00-10:30am 11:00-11:30am	
Adult Learn to Swim Open Access	8:15-8:45pm		8:15-8:45pm				

SUNDAY

Time	Pool	Gym	Studio	Studio 2	Multiuse 1	Multiuse 2
6						
7	Lane Swim 7:00-10:00					
8						
9					Cyclefit 9:00-9:45	
10	Family Swim 10:00-12:00					One Lane 10:00-12:00
11						
12	Lane Swim 12:00-1:00					
1	Family Swim 1:00-2:00 Open Swim 2:00-4:00					One Lane 1:00-4:00
2						
3						
4	Lane Swim 4:00-5:30					
5						
6						

LEGEND

- Preschool (3-5 yrs)
- Youth (6 yrs +)
- Adult Group Fitness

OPEN SWIM FEES

Family (any number)	\$10
16+ years	\$10
15 yrs and under	\$3
Adult with child under 6 yrs	\$3

HOLIDAY POOL SCHEDULE

Lane Swim	7:00 - 10:00am
Family Swim (one lane)	10:00-12:00pm
Lane Swim	12:00 - 1:00pm
Open Swim (one lane)	1:00 - 3:00pm
Lane Swim	3:00 - 4:00pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Saturday	9:00-11:30am
Monday-Thursday	5:15-7:45pm
Fees	
Hourly fee per child	\$3
Monthly Pass per child	\$40
20 30-Minute Punch Card	\$30

OTHER WAYS TO ACCESS THE YMCA

Youth Day Pass 10-15 yrs	\$5
Friday, Saturday, Sunday and Statutory Holidays	
Includes use of open gym, open swim and General Locker Rooms only	
Adult Day Pass 16+ yrs	\$10
Includes use of YMCA facilities, programs and General Locker Room for the day	
Photo ID required	

AQUATIC ADMISSION CRITERIA

The YMCA of Niagara is committed to providing a safe and enjoyable aquatic experience. The following age restriction admission criteria for under 10 years of age are based on Public Health requirements. Water slide criteria are based on TSSA requirements.

Under 6 years

- Must be directly supervised by an adult/guardian (min 13 years of age) in the water within arms reach.
- Maximum 2:1 ratio
- All children not fully toilet trained must wear specialty swim diapers or rubber pants

Under 10 years

- If able to successfully demonstrate comfort in the water and complete the facility swim test (2 widths uninterrupted), children may swim independently.
- If not able to successfully complete the facility swim test, children must be accompanied by an adult/guardian (min 13 years) in the water in the same area of the pool.
- Maximum 4:1 ratio

Family Swim

- All swimmers under age 16 must be accompanied in the water by a parent/guardian (min 16 years of age).

- Age restriction criteria apply.

Lane Swim

- Is for swimmers 13 years and older.

Water Slide

- Is available during evening and weekend open swims.
- For safety reasons, sliders must be able to swim 25m unassisted; and be 42" tall to ride in Fort Erie.

Medical Conditions

- All swimmers with a serious medical condition should inform the lifeguard on duty.

Fort Erie E.J. Freeland YMCA January 9 - April 29, 2012