

Schedule at a Glance

Niagara Centre YMCA
 310 Woodlawn Road
 Welland, ON L3C 7N4
 905-735-9622
 visit our website www.ymcaofniagara.org

Building Hours
 Monday - Friday 5:30am - 10:30pm
 Saturday 7:00am - 8:00pm
 Sunday & Holidays 7:00am - 6:00pm



MONDAY									TUESDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30				Cycleleft 6:15-7:00			6	Sch/Lane 6:00-7:00 Lane Swim 7:00-9:00	Open Swim 6:00-10:30						
7									7								
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00				8							Gen Stretch 8:30-9:00	
9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Step 9:15-10:00	Step 9:15-10:00	Cycleleft 9:15-10:00		Active Kids 9:00-10:30	9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Body Sculpt 9:15-10:00	Body Sculpt 9:15-10:00	Cycleleft 9:15-10:00	Early Years 10:00-12:00	Active Kids 9:00-10:30
10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Body Sculpt 10:15-11:00	Body Sculpt 10:15-11:00				10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Cardio Mix 10:15-11:00	Cardio Mix 10:15-11:00			
11	Lane Swim 11:30-1:00						Core Fusion 11:15-12:00		11	Lane Swim 11:30-1:00							
12		Open Swim 12:00-4:30				Exp Cycle 12:15-12:45			12		Open Swim 12:00-1:00		Exp Cardio 12:15-12:45	Exp Cardio 12:15-12:45		Niagara Coll 12:30-4:30	
1	Open Swim 1:00-2:00								1	School Prog 1:00-2:00	School Prog 1:00-2:00						
2	AquaFit 2:00-2:45						Cardiac Rehab 2:00-4:00		2	AquaFit 2:00-2:45							
3	Lane Swim 3:00-4:15								3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00							4		Lessons 4:30-7:00						
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00	Busy Buds 5:30-7:00	5			Fun Factory 5:00-6:00	Exp Step 5:15-5:45	Exp Step 5:15-5:45		Fun Factory 5:00-6:00	Busy Buds 5:30-7:00
6	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cycleleft 6:00-6:45	Be Creative 6:00-7:00		6	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	Body Sculpt 6:00-7:00	Body Sculpt 6:00-6:45	Cycleleft 6:00-6:45	Fit Kids 6:00-7:00	Games Galore 7:00-8:00
7	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Games Galore 7:00-8:00	Step 7:00-7:45	Step 7:00-7:45		Games Galore 7:00-8:00		7	AquaFit 7:30-8:15	Adult Swim 8:15-10:00	Games Galore 7:00-8:00	Cardio Mix 7:00-7:45	Cardio Mix 7:00-7:45	Cycleleft 7:00-7:45	Games Galore 7:00-8:00	Yoga Fitness 8:00-9:00
8	Lane Swim 8:30-10:00		Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00		8	Lane Swim 8:30-10:00		Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30			
9									9								
10									10								

WEDNESDAY									THURSDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Sch/Lane 6:00-7:00 Lane Swim 7:00-9:00	Open Swim 6:00-10:30				Cycleleft 6:15-7:00			6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30						Core Fusion 6:15-7:00
7									7								
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00		Cardiac Rehab 8:00-10:00		8							Gen Stretch 8:30-9:00	Cardiac Rehab 8:00-10:00
9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Cardio Mix 9:15-10:00	Cardio Mix 9:15-10:00	Cycleleft 9:15-10:00		Active Kids 9:00-10:30	9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Body Sculpt 9:15-10:00	Body Sculpt 9:15-10:00	Cycleleft 9:15-10:00	Active Kids 9:00-10:30	
10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Step 10:15-11:00	Step 10:15-11:00				10	Open Swim 10:00-11:15	Open Swim/Lessons 10:30-12:00		Cardio Mix 10:15-11:00	Cardio Mix 10:15-11:00		Early Years 10:00-12:00	Active Kids 9:00-10:30
11	Lane Swim 11:30-1:00						Yoga Fitness 11:00-12:00		11	Lane Swim 11:30-1:00							Core Fusion 11:15-12:00
12		Open Swim 12:00-4:30				Exp Cycle 12:15-12:45			12		Open Swim 12:00-1:00		Exp Cardio 12:15-12:45	Exp Cardio 12:15-12:45			
1	Open Swim 1:00-2:00								1	School Prog 1:00-2:00	School Prog 1:00-2:00						
2	AquaFit 2:00-2:45						Cardiac Rehab 2:00-4:00		2	AquaFit 2:00-2:45							
3	Lane Swim 3:00-4:15								3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00							4		Lessons 4:30-7:00					Sr. Leader 5:00-6:30(B) Jr. Leader 6:00-7:30(B)	
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00	Busy Buds 5:30-7:00	5			Fun Factory 5:00-6:00	Exp Step 5:15-5:45	Exp Step 5:15-5:45		Fun Factory 5:00-6:00 (A)	Busy Buds 5:30-7:00
6	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cycleleft 6:00-6:45	Be Creative 6:00-7:00		6	Open Swim 7:00-7:30	Open Swim 7:00-8:15	Games Galore 7:00-8:00	Body Sculpt 6:00-6:45	Body Sculpt 6:00-6:45	Cycleleft 6:00-6:45	Be Creative 6:00-7:00 (A)	Youth Action 6:00-9:00
7	AquaFit 7:30-8:15	Adult Open 8:15-10:00	Games Galore 7:00-8:00	Step 7:00-7:45	Step 7:00-7:45		Games Galore 7:00-8:00		7	AquaFit 7:30-8:15	Adult Open 8:15-10:00	Games Galore 7:00-8:00	BoxFit 7:00-7:45	BoxFit 7:00-7:45	Cycleleft 7:00-7:45	Games Galore 7:00-8:00 (A)	Youth Action 6:00-9:00
8	Lane Swim 8:30-10:00		Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Core Fusion 8:00-8:45		8	Lane Swim 8:30-10:00		Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00	Youth Action 6:00-9:00
9									9				Adult Vball 9:00-10:30	Adult Vball 9:00-10:30			Youth Action 6:00-9:00
10									10								Youth Action 6:00-9:00

FRIDAY								
Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
6	Lane Swim 6:00-9:00	Open Swim 6:00-10:30						Core Fusion 6:15-7:00
7								
8				Gentle Fit 8:30-9:00	Gentle Fit 8:30-9:00			Cardiac Rehab 8:00-10:00
9	AquaFit 9:15-10:00		Active Kids 9:00-10:30	Step 9:15-10:00	Step 9:15-10:00	Cycleleft 9:15-10:15		Active Kids 9:00-10:30
10	Open Swim 10:00-11:15	Open Swim 10:30-12:00		Body Sculpt 10:15-11:00	Body Sculpt 10:15-11:00			
11	Lane Swim 11:30-1:00							Core Fusion 11:15-12:00
12		Open Swim 12:00-4:30						
1	Open Swim 1:00-2:00							
2	AquaFit 2:00-2:45							
3	Lane Swim 3:00-4:15							
4		Lessons 4:30-7:00						
5			Fun Factory 5:00-6:00				Fun Factory 5:00-6:00 (A)	Busy Buds 5:30-7:00
6	Open Swim 7:00-7:30	Open Swim 7:00-8:45	Super Sports 6:00-7:00	On the Ball 6:00-6:45	On the Ball 6:00-6:45	Cycleleft 6:00-6:45	Be Creative 6:00-7:00 (A)	Youth Action 6:00-9:00
7	AquaFit 7:30-8:15	Adult Swim 8:45-10:00	Games Galore 7:00-8:00	Step 7:00-7:45	Step 7:00-7:45		Games Galore 7:00-8:00 (A)	Youth Action 6:00-9:00
8	Lane Swim 8:30-10:00		Adult Bball 8:00-10:30	Adult Bball 8:00-10:30	Adult Bball 8:00-10:30		Yoga Fitness 8:00-9:00	Youth Action 6:00-9:00
9								Youth Action 6:00-9:00
10								Youth Action 6:00-9:00

SATURDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7								
8	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
9	Lessons 9:00-11:30	Lessons 9:00-11:30	Active Kids 9:00-10:30	Step 9:15-10:15	Step 9:15-10:15	Cyclefit 9:15-10:00	Discovery Club 9:00-11:30	Active Kids 9:00-10:30
10				Exp Strength 10:30-11:00	Exp Strength 10:30-11:00			
11	Lane Swim 11:30-1:00	Open Swim 11:30-2:30						
12	Open Swim 1:00-2:30							
1	Family Swim 2:30-4:30	Family Swim 2:30-4:30						
2	Open Swim 4:30-6:30	Open Swim 4:30-7:30						
3	Lane Swim 6:30-7:30							
4								
5								
6								
7								
8								

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 6mth-3yrs Parent Participation Splashers & Bubbler Open Access	5:00-5:30	10:30-11:00 6:00-6:30	4:30-5:00	10:30-11:00 6:30-7:00	5:00-5:30	9:00-9:30	
L'il Dippers 2 3-5 years Bobbles, Floaters & Gliders Divers, Surfers & Dippers	10:30-11:00 11:00-11:30	11:00-11:30	11:00-11:30 11:30-12:00	11:00-11:30 11:30-12:00	10:30-11:00 11:30-12:00		
Bobbles, Floaters, Gliders, Divers, Surfers & Dippers	4:30-5:00 5:30-6:00	5:00-5:30 6:00-6:30	4:30-5:00 5:30-6:00 6:00-6:30	4:30-5:00 5:30-6:00 6:30-7:00	4:30-5:00 5:30-6:00 6:00-6:30	9:00-9:30 10:30-11:00	
Otter, Seal, Dolphin, Swimmer Stars 1-6 6 years+	5:00-5:30 6:00-6:30 6:30-7:00	4:30-5:00 5:30-6:00 6:30-7:00	5:00-5:30 6:30-7:00	5:00-5:30 6:00-6:30	5:00-5:30 6:30-7:00	9:30-10:00 10:00-10:30 11:00-11:30	
Adult Learn to Swim Open Access		11:30-12:00					

SUNDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C
7								
8	Lane Swim 7:30-9:00	Open Swim 7:30-1:00						
9	AquaFit 9:15-10:00					Cyclefit 9:15-10:15		
10	Open Swim 10:00-11:30		Cardio Mix 10:15-10:45	Cardio Mix 10:15-10:45				
11	Lane Swim 11:30-1:00		Exp Strength 10:45-11:15	Exp Strength 10:45-11:15				
12	Family Swim 1:00-2:00	Family Swim 1:00-2:00						
1	Open Swim 2:00-2:45	Open Swim 2:00-5:30						
2	Lane Swim 3:00-4:15							
3	Enrichment 4:30-6:00							
4								
5								
6								

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	7:30 - 9:15am
Open Swim	9:15 - 11:30am
Lane Swim	11:30 - 1:00pm
Family Swim	1:00 - 2:30pm
Open Swim	2:30 - 4:30pm
Lane Swim	4:30 - 5:30pm
Leisure Pool (open)	7:30 - 5:30 pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00am - 12:00pm
Monday-Thursday	5:00 - 8:00pm

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	\$3
Friday, Saturday, Sunday and 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 only	

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.

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.

Medical Conditions

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