

SATURDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	
7	Opening Soon								
8									
9				Saturday Morning Club 6-12 yrs 9:30-10:30	Cardio Mix 9:15-10:00	Cardio Mix 9:15-10:00	Cyclefit 9:30-10:15	Saturday Morning Club 6-12 yrs 9:00-11:00	Active Kids 3-5 yrs 9:00-11:00
10				Family Gym 11:15-12:00	Exp. Sculpt 10:00-10:30	Exp. Sculpt 10:00-10:30			
11									
12									
1				Birth Party 12:30-1:30				Birth Party 12:30-3:30	
2									
3									
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	6:00-6:30	5:30-6:00		4:30-5:00		10:00-10:30	
L'il Dippers 2 3-5 years Bobbers, Floaters, Gliders, Divers, Surfers & Dippers	4:30-5:00 5:30-6:00 6:00-6:30	4:30-5:00 6:00-6:30 6:30-7:00	4:30-5:00 6:00-6:30 6:30-7:00	4:30-5:00 6:00-6:30 6:30-7:00	4:30-5:00 5:30-6:00 6:30-7:00	9:30-9:30 11:00-11:30	
Otter, Seal, Dolphin, Swimmer Stars 1-6 6 years+	5:00-5:30 6:30-7:00	5:00-5:30 5:30-6:00	5:00-5:30 5:30-6:00	5:00-5:30 5:30-6:00 6:30-7:00	5:00-5:30 6:00-6:30	9:30-10:00 10:00-10:30 11:30-12:00	
Teen Learn to Swim Open Access	5:30-6:00		8:15-8:45pm				
Adult Learn to Swim Open Access			8:15-8:45pm				

SUNDAY

Time	Lane Pool	Leisure Pool	Gym 1	Gym 2	Gym 3	Studio	Multiuse A & B	Multiuse C	
7	Opening Soon								
8									
9									
10					Step 9:30-10:30	Step 9:30-10:30			
11									
12									
1				Birth Party 12:30-1:30				Birth Party 12:30-3:30	
2									
3									
4									
5									
6									

- 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 Pool	Leisure Pool
Lane Swim	7:30-9:15am	Open Swim 8:00-10:00am
Family Swim	10:00-11:55am	Family Swim 10:00am-1:00pm
Lane Swim	12:00-12:55pm	Open Swim 1:00-4:00pm
Open Swim	1:00-3:55pm	Adult Swim 4:00-5:00pm
Lane Swim	4:00-5:00pm	

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday-Sunday	9:00am - 12:00pm
Monday-Thursday	5:30 - 8:00pm
*hours may change over holidays/school breaks	
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 only	
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.

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.