

St. Catharines Walker Family YMCA September 14 to December 18, 2009

Schedule at a Glance

St. Catharines Walker Family YMCA

25 YMCA Drive

St. Catharines, ON L2N 7P9

905-934-9622

visit our website www.ymcaofniagara.org

Building Hours

Monday - Friday 5:15am - 11:00pm

Saturday 7:00am - 9:00pm

Sunday & Holidays 7:00am - 6:00pm



Building a healthy community since 1859

YMCA OF NIAGARA

MONDAY							TUESDAY								
Time	Pool	Multiuse ABC	Childcare	West Gym	East Gym	Studio	Mezz	Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 5:30-6:15		6	Lane Swim 6:00-9:00					Cyclefit 6:00-6:45	
7								7							
8								8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-11:00		Active Kids 3-5yrs 9:00-11:00	Cardio Blast 9:15-10:00	Cyclefit 9:30-10:15		9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-11:00		Active Kids 3-5yrs 9:00-11:00	Step 9:15-10:00	Exp Sculpt 10:00-10:30	
10	Family Swim Two Lanes 10:15-11:15				Exp Sculpt 10:00-10:30			10	Lessons Two Lanes 10:00-11:30						
11	Aquafit Mod 11:15-12:00				Gentle Fit 10:45-11:30			11	Family Swim 11:30-12:00			Family Bounce 11:15-11:45		Creating Balance 11:00-11:45 Chapel	
12	Lane Swim 12:00-12:55							12	Lane Swim 12:00-12:55					Cyclefit 12:10-12:45	
1	Open Swim Two Lanes 1:00-2:10				Active Kids 3-5yrs 1:00-3:00			1	Open Swim Two Lanes 1:00-2:10	Yoga Fit 1:10-1:55			Active Kids 3-5yrs 1:00-3:00		Creating Balance 7:00-7:45 Chapel
2	Aquafit Mod 2:15-3:00							2	Aquafit Mod One Lane 2:15-3:00						
3	Lane Swim 3:00-4:25							3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	Step 5:30-6:15			4	Lessons 4:30-4:55	Fun Factory 6-12 yrs 5:15-6:00	Active Kids 3-5yrs 5:15-6:45	Active Kids 5:15-6:45			Core Fusion 5:30-6:15
5				Floor Hockey 9-12 yrs 6:00-7:00	Abs Blast 6:15-6:30			5				Soccer 6:00-7:00	Body Sculpt 5:45-6:30		
6	Open Swim 7:00-7:25	Games Galore 6:00-7:00	Busy Buds 3-5 yrs 6:15-7:45	Floor Hockey 6:00-7:00	Boxfit 6:15-6:30	Cyclefit 6:30-7:30	Yoga Fit 6:30-7:15	6	Open Swim 7:00-7:25	Games Galore 6:00-7:00		Soccer 6:00-7:00	Cardio Mix 6:45-7:45		Youth Fit 7:15-7:45
7	Aquafit Two Lanes 7:30-8:15	Games Galore 7:00-8:00						7	Lessons 7:30-8:00						
8	Lane Swim 8:15-10:30							8	Aquafit Two Lanes 8:05-8:50						
9				Adult Bball 9:00-11:00	Adult Bball 9:00-11:00			9	Lane 8:50-10:30			Adult Bball 9:00-11:00	Adult Bball 9:00-11:00		
10								10							

WEDNESDAY							THURSDAY								
Time	Pool	Multiuse ABC	Childcare	West Gym	East Gym	Studio	Mezz	Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 5:30-6:15	Power Circuit 6:00-6:45	6	Lane Swim 6:00-9:00					Cyclefit 6:00-6:45	
7					On the Ball 7:00-7:45			7							
8								8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-11:00		Active Kids 3-5yrs 9:00-11:00	Cardio Blast 9:15-10:00	Cyclefit 9:30-10:15		9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-11:00		Active Kids 3-5yrs 9:00-11:00	Step 9:15-10:00	Exp Sculpt 10:00-10:30	
10	Family Swim Two Lanes 10:15-11:15				Exp Sculpt 10:00-10:30			10	Lessons Two Lanes 10:00-11:30						
11	Aquafit Mod 11:15-12:00				Gentle Fit 10:45-11:30			11	Family Swim 11:30-12:00						
12	Lane Swim 12:00-12:55							12	Lane Swim 12:00-12:55					Cyclefit 12:10-12:45	
1	Open Swim Two Lanes 1:00-2:10				Active Kids 3-5yrs 1:00-3:00			1	Open Swim Two Lanes 1:00-2:10	Yoga Fit 1:10-1:55			Active Kids 3-5yrs 1:00-3:00		
2	Aquafit Mod 2:15-3:00							2	Aquafit Mod One Lane 2:15-3:00						
3	Lane Swim 3:00-4:25							3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	On the Ball 5:30-6:15			4	Lessons 4:30-4:55	Nutrition Nug 6-12 yrs 5:15-6:00	Active Kids 3-5yrs 5:15-6:45	Active Kids 3-5yrs 5:15-6:45	Step/Zumba 5:45-6:30		
5				Basketball 9-12 yrs 6:00-7:00	Abs Blast 6:15-6:30	Cyclefit 6:30-7:30	Yoga Fit 6:30-7:15	5				CATCH 6:00-7:00	Abs Blast 6:30-6:45	Cyclefit 5:30-6:15	
6	Open Swim 7:00-7:25	Games Galore 6:00-7:00	Busy Buds 3-5 yrs 6:15-7:45	Basketball 7:00-8:00	Jr. Leaders 6:30-8:00			6	Open Swim 7:00-7:25	Games Galore 6:00-7:00		6-8 yrs 6:00-7:00	Body Sculpt 7:00-7:45		
7	Aquafit One Lane 7:30-8:15	Games Galore 7:00-8:00						7	Lessons 7:30-10:30			CATCH 9-12 yrs 7:00-8:00	Ride/Run 6:30-8:00	Yoga Fit 6:30-7:15	
8	Lessons Two Lanes 8:30-9:30	Adult Jiu Jitsu 8:15-10:15		Adult Vball 9:00-11:00	Adult Vball 9:00-11:00			8	Three Lanes 8:00-10:30			6-8 yrs 7:00-8:00		Bible Study Chapel 7:30-9:00	
9	Lane Swim 9:30-10:30							9				Adult Bball 9:00-11:00	Adult Bball 9:00-11:00		
10								10							

FRIDAY							
Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
6	Lane Swim 6:00-9:00					Cyclefit 6:00-6:45	
7							
8							
9	D/S Aquafit 9:10-9:55	Active Kids 3-5yrs 9:00-11:00		Active Kids 3-5yrs 9:00-11:00	Cardio Blast 9:15-10:00	Cyclefit 9:30-10:15	
10	Family Swim Two Lanes 10:15-11:15				Exp Sculpt 10:00-10:30		
11	Aquafit Mod 11:15-12:00				Gentle Fit 10:45-11:30		
12	Lane Swim 12:00-12:55						Service 12:15-12:45 Chapel
1	Open Swim Two Lanes 1:00-2:10				Active Kids 3-5yrs 1:00-3:00		
2	Aquafit Mod 2:15-3:00						
3	Lane Swim 3:00-4:25						
4	Two Lanes Lessons 4:30-4:55	Fun Factory 6-12 yrs 5:15-6:00		Family Bounce 5:00-5:45	On the Ball 5:30-6:15		
5				Basketball 9-12 yrs 6:00-7:00	Abs Blast 5:45-6:15		
6	Open Swim 7:00-7:25	Games Galore 6:00-7:00	Busy Buds 3-5 yrs 6:15-7:45	Basketball 7:00-8:00	Jr. Leaders 6:30-8:00		
7	Aquafit One Lane 7:30-8:15	Games Galore 7:00-8:00					
8	Lessons Two Lanes 8:30-9:30	Adult Jiu Jitsu 8:15-10:15		Adult Vball 9:00-11:00	Adult Vball 9:00-11:00		
9	Lane Swim 9:30-10:30						
10							

SATURDAY

Time	Pool	Multiuse ABC	Multiuse D	West Gym	East Gym	Studio	Mezz
7							
8	Lane Swim 7:30-8:55						
9	Lessons 9:00-10:30				Cardio Blast 9:15-10:00	Cyclefit 8:30-9:45	Active Kids 9:00-11:00
10	Open Swim Two Lanes 10:30-11:00	Sat am Club 6-12 yrs 9:00-12:00	Be Creative 6-8 yrs 10:00-11:00	Super Sports 9-12 yrs 10:00-11:00	Exp Sculpt 10:00-10:30	Cyclefit 10:00-10:45	Childcare
11	Lessons 11:00-12:00		Be Creative 9-12 yrs 11:00-12:00	Super Sports 6-8 yrs 11:00-11:30	Family Circuit 11:00-11:30		
12	Lane Swim 12:00-12:55						Youth Fit 12:30-1:00
1	Family Swim 1:00-2:30						
2	Open Swim 2:30-4:00						
3							
4	Lessons 4:00-5:30						
5	Open Swim 5:30-6:30						
6	Family Swim 6:30-7:30						
7							
8	Lane Swim 7:30-8:30						

Swim Lessons

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
L'il Dippers 1 6 mths-5 yrs							
Parent Participation		10:00-10:30		11:00-11:30		10:00-10:30	10:30-11:00
Splashers & Bubbblers	6:00-6:30		4:30-5:00	5:30-6:00			
Open Access							
L'il Dippers 2 3-5 years							
Bobbers, Floaters		10:30-11:00		10:00-10:30		9:00-9:30	10:30-11:00
Gliders, Divers,		11:00-11:30		10:30-11:00		11:30-12:00	11:30-12:00
Surfers & Dippers	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00		
	5:30-6:00	6:00-6:30	5:30-6:00	5:30-6:00	6:00-6:30		
	6:00-6:30	6:30-7:00	6:30-7:00	6:00-6:30			
Otter, Seal,	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	9:30-10:00	10:00-10:30
Dolphin, Swimmer	6:30-7:00	5:30-6:00	6:00-6:30	6:30-7:00	5:30-6:00	10:00-10:30	11:00-11:30
Stars 1-6 6 years+		7:30-8:00		7:30-8:00	6:30-7:00	11:00-11:30	
Teen Learn to Swim			8:15-8:45pm	6:00-6:30pm			
13+ years Open Access							
Adult Learn to Swim		10:00-10:30am	8:15-8:45pm	11:00-11:30am			
Open Access							

SUNDAY

Time	Pool	Multiuse ABC	Childcare	West Gym	East Gym	Studio	Mezz
7							
8	Lane Swim 7:30-9:00						
9	AquaFit Two Lanes 9:10-9:55 9:10-9:55						
10	Lessons 10:00-12:00						
11		Family Yoga 11:15-11:45					
12	Lane Swim 12:00-12:55						
1	Family Swim 1:00-2:00						
2	Open Swim 2:00-3:30						
3							
4	Lessons Two Lanes 3:30-5:30 3:30-5:30						
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 - 10:00am
Family Swim - 2 Lanes	10:00 - 12:00am
Lane Swim	12:00 - 12:55am
Open Swim	1:00 - 3:00pm
Family Swim	3:00 - 4:00pm
Lane Swim	4:00 - 5:30pm

PLAY CENTRE SCHEDULE

Hours of Operation	
Monday - Sunday	9:00am - 12:00pm
Monday - Friday	1:00 - 3:00pm
Monday - Thursday	5:15 - 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.