

# DROP IN PROGRAMS

SUMMER 2024: July 2 to September 1



## Adult Fitness Classes (18+)

Check online for our Adult programs calendar  
Older Adult Member / \$4 per class  
Non Member (18+) / \$5 per class



## Badminton (all ages)

Monday from 6:45pm - 8:45pm  
Saturday from 7:00am - 10:30am / Sunday from 2:00pm - 4:45pm  
\$5 per person / \$10 per family



## Basketball (all ages)

Monday & Wednesday from 4:15pm - 6:30pm  
Tuesday & Thursday from 3:45 - 5:45pm  
Friday from 4:15pm - 8:45pm / Saturday from 1:45pm - 4:45pm  
Sunday from 10:45am - 1:45pm  
\$5 per person / \$10 per family



## Indoor Play Structure (ages 4 - 12)

Monday to Friday 8:30am - 7:30pm  
Saturday and Sunday 7:30am - 10:30am / 3:00pm - 4:30pm  
\$7 per person / \$15 per family



## Pickleball (all ages)

Sunday from 7:00am - 10:30am  
\$5 per person / \$10 per family



## Pickleball (18+) \*AT GALE CENTRE JULY 2 - 31\*

Beginner - Tuesday, Thursday from 1:30pm - 3:30pm  
All Levels - Monday, Wednesday, Friday from 1:00pm - 4:00pm  
\$5 per person / \$10 per family



## Racquetball & Squash (all ages)

Non-Prime Time: before 5:00pm on weekdays / \$5 per person  
Prime time: after 5:00pm and on weekends / \$7 per person



## Table Tennis (all ages)

Friday from 6:00pm - 8:45pm  
\$5 per person / \$10 per family



## Volleyball (all ages)

Wednesday from 6:45pm - 8:45pm  
\$5 per person / \$10 per family



**MACBAIN COMMUNITY CENTRE**

FOR MORE INFORMATION, VISIT [NIAGARAFALLS.CA/MACBAIN](https://niagarafalls.ca/macbain)



# MACBAIN COMMUNITY CENTRE

## Hours of Operation

Monday to Friday	7AM - 9PM
Saturday	7AM - 5PM
Sunday	7AM - 5PM

Welcome to the City of Niagara Falls' multi-use, 100,000 square foot MacBain Community Centre! Check out all this wonderful facility has to offer.



## Indoor Track

### NO RESERVATIONS NEEDED

A three-lane indoor track overlooking the gymnasium is free of charge, year-round.

Monday - Friday	<b>7AM to 9PM</b>
Saturday	<b>7AM to 5PM</b>
Sunday	<b>7AM to 5PM</b>

Children 12 and under must be accompanied by someone who is 16 years +



## Facility Rentals

(Courts, Gymnasium, and Rooms)

Looking to host a party or a space for your team to practice? MacBain Community Centre's gymnasium and multi-use community rooms are available to rent for a variety of occasions.

To inquire, call 905-356-7521 ext. 3330 or email [rc@niagarafalls.ca](mailto:rc@niagarafalls.ca)



## Community Children & Youth Programs

A variety of community groups offer programs at MacBain in addition to our own drop in youth programs.

Visit [niagarafalls.ca/macbain](https://niagarafalls.ca/macbain) for links to current programs.



**Questions? Contact us -  
we're happy to help!**



905-356-7521 ext. 3330



[rc@niagarafalls.ca](mailto:rc@niagarafalls.ca)



[niagarafalls.ca/macbain](https://niagarafalls.ca/macbain)



## Squash & Racquetball Courts

### RENTALS & DROP IN AVAILABLE

Two racquetball courts and one squash court available.

### RENTALS

Youth/Older Adult	<b>\$10/hour plus hst &amp; insurance</b>
Adult	<b>\$15/hour plus hst &amp; insurance</b>

### DROP INS

Prime after 5pm/weekends	<b>\$7/per person</b>
Non-prime before 5pm/weekdays	<b>\$5/per person</b>



## Adult Programming (18+)

We currently offer a variety of adult programming with no membership required. Current programs include:

- Yoga
- Zumba
- Pickleball
- Aquafit
- TRX
- Table Tennis
- Aquacycle
- Drop in Fitness Classes

To learn more and to register, visit [niagarafalls.ca/macbain](https://niagarafalls.ca/macbain)



## Older Adult Programs (60+)

MacBain Community Centre is the City's new home of Older Adults programming, offering over 60 classes and programs per week.

### 6 OR 12 MONTH MEMBERSHIP

Niagara Falls Resident	<b>\$30 / \$55</b>	<b>Pay-as-you-go</b>
Non Resident	<b>\$35 / \$65</b>	<b>with membership.</b>

To learn more and to register, visit [niagarafalls.ca/macbain](https://niagarafalls.ca/macbain)

