

DROP IN PROGRAMS

WINTER 2025: January 5 - March 8



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 6:15pm - 8:45pm

Saturday from 7:00am - 10:30am / Sunday from 1:00pm - 4:45pm

\$5 per person / \$10 per family



Basketball (all ages)

Monday & Wednesday from 4:30pm - 6:00pm

Tuesday & Thursday from 3:45 - 5:45pm

Friday from 4:30pm - 8:45pm

Saturday from 1:45pm - 4:45pm / Sunday from 11:15am - 12:45pm

\$5 per person / \$10 per family



Indoor Play Structure (ages 4 - 12)

Monday to Friday 8:30am - 8:30pm

Saturday and Sunday 8:30am - 10:30am / 3:00pm - 4:30pm

\$7 per person / \$15 per family



Pickleball (all ages)

Sunday from 7:00am - 11:00am

\$5 per person / \$10 per family



Pickleball (18+)

Beginner

- Thursday from 1:30pm - 3:30pm

All Levels (Must pre-Book a Spot)

- Monday, Friday from 12:15pm-2:15pm & 2:15pm-4:15pm
- Wednesday from 1:15pm-2:45pm & 2:45pm-4:15pm

\$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 5:30pm - 8:45pm

\$5 per person / \$10 per family



Volleyball (all ages)

Wednesday from 6:15pm - 8:45pm

\$5 per person / \$10 per family



MACBAIN COMMUNITY CENTRE

FOR MORE INFORMATION, VISIT 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	7AM to 9PM
Saturday	7AM to 5PM
Sunday	7AM to 5PM

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



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 for links to current programs.



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



905-356-7521 ext. 3330



rc@niagarafalls.ca



niagarafalls.ca/macbain



Squash & Racquetball Courts

RENTALS & DROP IN AVAILABLE

Two racquetball courts and one squash court available.

RENTALS

Youth/Older Adult	\$10/hour plus hst & insurance
Adult	\$15/hour plus hst & insurance

DROP INS

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



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



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	\$30 / \$55	Pay-as-you-go
Non Resident	\$35 / \$65	with membership.

To learn more and to register, visit niagarafalls.ca/macbain

