



SCHEDULE

MONDAY

	Gym		Multi-Purpose Room		Studio		Pool		
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure	
AM	Bodyflex 9:15 - 10:00				Y Thrive 6:00 - 7:15		Lane Swim 6:00 - 7:00		
					Y Thrive 7:30 - 8:45		Lane Swim 7:15 - 8:15		
					Y Thrive 10:30 - 11:45		Aquafit 8:30 - 9:15		
							Lane Swim 9:30 - 10:30		
PM	Gentle Fit 1:00 - 1:45 Latin Dance 5:15 - 6:00						Lane Swim 12:30 - 1:30		
							Hydro Therapy 1:45 - 2:30		
								Lane Swim 3:00 - 4:00	
								Lane Swim 4:15 - 5:15	
								Lane Swim 5:30 - 6:30	

TUESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Cycle Fit 9:15 - 10:00				Y Thrive 6:00 - 7:15		Lane Swim 6:00 - 7:00	
					Y Thrive 7:30 - 8:45		Lane Swim 7:15 - 8:15	
							Aquafit 8:30 - 9:15	
							Lane Swim 9:30 - 10:30	
PM	Yoga 5:15 - 6:00				Y Thrive 12:30 - 1:45		Lane Swim 12:30 - 1:30	
					Y Thrive 2:00 - 3:15		Lane Swim 1:45 - 2:45	
							Lane Swim 3:00 - 4:00	
							Lane Swim 4:15 - 5:15	
							Lane Swim 5:30 - 6:30	

WEDNESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Body Flex 9:15 - 10:00				Y Thrive 6:00 - 7:15		Lane Swim 6:00 - 7:00	
					Y Thrive 7:30 - 8:45		Lane Swim 7:15 - 8:15	
					Y Thrive 10:30 - 11:45		Aquafit 8:30 - 9:15	
							Lane Swim 9:30 - 10:30	
PM	Gentle Fit 1:00 - 1:45 Body Flex 5:15 - 6:00				Y Thrive 2:00 - 3:15		Lane Swim 12:30 - 1:30	
							Hydro Therapy 1:45 - 2:30	
							Lane Swim 3:00 - 4:00	
							Lane Swim 4:15 - 5:15	
							Lane Swim 5:30 - 6:30	

THURSDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Latin Dance 9:15 - 10:00				Y Thrive 6:00 - 7:15		Lane Swim 6:00 - 7:00	
					Y Thrive 7:30 - 8:45		Lane Swim 7:15 - 8:15	
					Y Thrive 10:30 - 11:45		Aquafit 8:30 - 9:15	
							Lane Swim 9:30 - 10:30	
PM	Cycle Fit 5:15 - 6:00				Y Thrive 12:30 - 1:45		Lane Swim 12:30 - 1:30	
							Lane Swim 1:45 - 2:45	
							Lane Swim 3:00 - 4:00	
							Lane Swim 4:15 - 5:15	
							Lane Swim 5:30 - 6:30	

FRIDAY

	Gym		Multi-Purpose Room		Studio		Pool		
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure	
AM	Yoga 9:15 - 10:00				Y Thrive 6:00 - 7:15		Lane Swim 6:00 - 7:00		
					Y Thrive 7:10 - 8:45		Lane Swim 7:15 - 8:15		
					Y Thrive 10:30 - 11:45		Aquafit 8:30 - 9:15		
							Lane Swim 9:30 - 10:30		
PM	Gentle Fit 1:00 - 1:45						Lane Swim 12:30 - 1:30		
							Hydro Therapy 1:45 - 2:30		
								Lane Swim 3:00 - 4:00	
								Lane Swim 4:15 - 5:15	
								Lane Swim 5:30 - 6:30	

SATURDAY

	Gym		Multi-Purpose Room		Studio		Pool		
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure	
AM	Cycle Fit 9:45 - 10:30				Y Thrive 8:00 - 9:15		Aquafit 8:15 - 9:00		
							Lane Swim 9:30 - 10:30		
								Lane Swim 10:45 - 11:45	
								Lane Swim 12:00 - 1:00	
PM					Y Thrive 12:30 - 1:45				

SUNDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM					Y Thrive 8:00 - 9:15		Lane Swim 8:15 - 9:15	
							Lane Swim 9:30 - 10:30	
PM					Y Thrive 12:30 - 1:45		Lane Swim 12:00 - 1:00	

SWIM LESSON INFORMATION

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons.

Children Under 10 years of age

- Adult or guardian (min. 14 yrs), must be in facility
- Must be signed in and out of Swim Lesson by adult or guardian (min. 14 yrs)

For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit ymcahbb.ca.

Reporting Absences: Please notify us if your child will be absent for more than 3 consecutive weeks in a row. Three missed classes will result in withdrawal from the class. Absences can be reported by email: flamborough.absence@ymcahbb.ca

Recreational Swimming - Aquatic Admission Criteria¹

0-6 yrs - Must be supervised by an adult or guardian (min. 14 yrs) in the water. *Max 2:1 ratio*

7-9 yrs - If unable to pass a facility swim test, must be supervised by a guardian (min. 14 yrs of age) in the water (2:1 ratio). If able to successfully pass the facility swim test, children may swim independently. Adult or guardian (min. 14 years of age) must be on pool deck.

10 + yrs are welcome to use the pool, subject to their swimming abilities.

Child Minding

Fees: Single Child Card (8 Hours): \$32
Family Card - 2 or more children (8 hours): \$44

Hours of Service:

Not Available

207 Parkside Drive,
Waterdown ON L8B 1B9
p: 905 690-3555 | f: 905 690-7410
flamborough.membership@ymcahbb.ca
flamborough.absence@ymcahbb.ca
www.ymcahbb.ca

Facility Hours:

Mon-Fri: 6:00 - 8:00 pm
Saturday: 8:00 - 2:00 pm
Sunday: 8:00 - 2:00 pm
Holiday: Closed