



Flamborough Family YMCA • October 5 to October 18, 2020

FALL 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						Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Aquafit 8:30 - 9:15 Lane Swim 9:30 - 10:30 Lane Swim 10:45 - 11:45	
	WalkFit 12:45 - 1:30						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	
	Basketball 3:30 - 4:45 Basketball 5:00 - 6:00 HITT 6:15 - 7:00							

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						Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Aquafit 8:30 - 9:15 Lane Swim 9:30 - 10:30 Lane Swim 10:45 - 11:45	
	Pickle Ball 2:00 - 3:15 Pickle Ball 3:30 - 4:45 Yoga 6:15 - 7:00						Aquafit 12:30 - 1:15 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						Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Aquafit 8:30 - 9:15 Lane Swim 9:30 - 10:30 Lane Swim 10:45 - 11:45	
	WalkFit 12:45 - 1:30						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	
	Basketball 3:30 - 4:45 Basketball 5:00 - 6:00 Body Flex 6:15 - 7:00							

THURSDAY

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

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						Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Aquafit 8:30 - 9:15 Lane Swim 9:30 - 10:30 Lane Swim 10:45 - 11:45	
	Walk Fit 12:45 - 1:30						Lane Swim 12:30 - 1:30 Hydrotherapy 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 9:00 - 9:45						Aquafit 8:15 - 9:00 Lane Swim 9:30 - 10:30 Lane Swim 10:45 - 11:45	
	Pickle Ball 11:00 - 12:15 Pickle Ball 12:30 - 1:45						Lane Swim 12:00 - 1:00	

SUNDAY

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