



Flamborough Family YMCA • September 13 to November 7, 2021

FALL SCHEDULE

MONDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Bodyfit 9:15 -10:00		Explovers 9:00-10:00				Lane Swim 6:00 -7:00	
	Cardio Fit 10:30 -11:15		Explovers 10:30 -11:30				Lane Swim 7:15 -8:15	
							Aquafit 8:30 -9:15	
PM	WalkFit 12:30 -1:15						Lane Swim' 11:00 -12:00	
							Hydrotherapy 1:00 -1:45	
							Lane Swim 2:00 -3:00	
	Soccer (3-5 yrs) 4:15 -5:15		Karate (6-12 yrs) 5:00 -6:45		Dance (6-12 yrs) 4:15 -5:15		Swim Lessons 4:00 -6:45	
	Soccer (6-9 yrs) 5:45 -6:45				Dance (3-5 yrs) 5:15 -6:00		Lane Swim 7:00 -7:45	
Zumba 7:00 -7:45				Yoga 7:00 -7:45				

TUESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM			Explovers 9:00-10:00		Cycle Fit 9:15 -10:00		Lane Swim 6:00 -7:00	
		Strength & Conditioning 10:30 -11:15	Explovers 10:30 -11:30				Lane Swim 7:15 -8:15	
PM							Aquafit 8:30 -9:15	
							Lane Swim 9:45 -10:45	

WEDNESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	HIIT 9:15 -10:00		Explovers 9:00-10:00		Cycle Fit Express 9:30 -10:00		Lane Swim 6:00 -7:00	
			Explovers 10:30 -11:30		Yoga 10:30 -11:30		Lane Swim 7:15 -8:15	
PM	WalkFit 12:30 -1:15						Lane Swim' 11:00 -12:00	
							Hydrotherapy 1:00 -1:45	
							Lane Swim 2:00 -3:00	
							Swim Lessons 4:00 -6:45	
							Lane Swim 7:00 -7:45	

THURSDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Yoga 9:15 -10:15		Explovers 9:00-10:00		Cycle Fit 9:15 -10:00		Lane Swim 6:00 -7:00	
			Explovers 10:30 -11:30				Lane Swim 7:15 -8:15	
PM							Aquafit 8:30 -9:15	
							Lane Swim 9:45 -10:45	

FRIDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Body Fit 9:15 -10:00		Explovers 9:00-10:00		Yoga 9:30 -10:30		Lane Swim 6:00 -7:00	
			Explovers 10:30 -11:30				Lane Swim 7:15 -8:15	
							Aquafit 8:30 -9:15	
PM	Walk Fit 12:30 -1:15						Lane Swim 9:45 -10:45	
							Lane Swim' 11:00 -12:00	
							Aquafit 1:00 -1:45	
							Lane Swim 2:00 -3:00	
							Lane Swim 3:15 -4:15	

SATURDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Basketball (6-9 yrs) 10:30 -11:30		Discovery Lab (3-5 yrs) 9:00 -10:00		Cycle Fit 9:15 -10:00		Lane Swim 8:00 -8:45	
			Discovery Lab (6-9 yrs) 10:30 -11:30				Swim Lessons 9:00 -11:45	
PM	Basketball (3-5 yrs) 12:00 -1:00						Lane Swim 12:00 -1:00	
	Basketball (10-12 yrs) 1:00 -2:00						Lane Swim 1:15 -2:00	

SUNDAY

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

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