



Flamborough Family YMCA • November 8 – December 19, 2021

# WINTER 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		Exploymers *REG* 9:00 - 10:00				Lane Swim *REG* 6:00 - 7:00 Lane Swim *REG* 7:15 - 8:15	
			Exploymers *REG* 10:30 - 11:30				Aquafit 8:30 - 9:15  Lane Swim *REG* 9:45 - 10:45	
PM	WalkFit 12:00 - 12:45						Lane Swim *REG* 11:00 - 12:00	
	Open Basketball 2:00 - 4:00						Hydrotherapy 1:00 - 1:45	
	Soccer *REG* Fund (3-5 yrs) 4:30 - 5:15				Dance *REG* (6-12 yrs) 4:15 - 5:00		Lane Swim *REG* 2:00 - 3:00 Swim Lessons *REG* 4:00 - 6:45	
	Soccer *REG* Fund (6-9 yrs) 5:45 - 6:45		Karate *REG* (6-12 yrs) 5:00 - 6:45		Dance *REG* G* (3-5 yrs) 5:15 - 6:00		Lane Swim *REG* 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							Cycle Fit 9:15 - 10:00	Lane Swim *REG* 6:00 - 7:00 Lane Swim *REG* 7:15 - 8:15
			Strength & Conditioning 10:30 - 11:15				Aquafit 8:30 - 9:15  Lane Swim *REG* 9:45 - 10:45	
PM	Gentle Fit 12:12-45						Lane Swim *REG* 11:00 - 12:00	
	Pickle Ball *REG* 1:00 - 3:00						Aquafit 1:00 - 1:45	
	Soccer *REG* Fund (3-5 yrs) 4:30-5:15					Yoga 6:30 - 7:30	Lane Swim *REG* 2:00 - 3:00 Swim Lessons *REG* 4:00 - 6:45	
	Basketball *REG* ADV (6-9 yrs) 5:45 - 6:45						Lane Swim *REG* 7:00 - 7:45	
	Bootcamp 7:00 - 7:45							

## 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		Exploymers *REG* 9:00 - 10:00		Cycle Fit *REG* 9:15 - 10:00		Lane Swim *REG* 6:00 - 7:00	
			Exploymers *REG* 10:30 - 11:30		Yoga 10:30 - 11:30		Lane Swim *REG* 7:15 - 8:15 Aquafit 8:30 - 9:15  Lane Swim *REG* 9:45 - 10:45	
PM	WalkFit 12:00 - 12:45						Lane Swim *REG* 11:00 - 12:00	
	Open Basketball 2:00 - 4:00						Hydrotherapy 1:00 - 1:45	
	Karate *REG* (6-12 yrs) 5:00 - 7:45					Yoga 6:30 - 7:30	Lane Swim *REG* 2:00 - 3:00 Swim Lessons *REG* 4:00 - 6:45	
							Lane Swim *REG* 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						Cycle Fit *REG* 9:15 - 10:00	Lane Swim *REG* 6:00 - 7:00
	Strength & Conditioning 10:30 - 11:15							Lane Swim *REG* 7:15 - 8:15 Aquafit 8:30 - 9:15  Lane Swim *REG* 9:45 - 10:45
PM	Pick ball *REG* 1:00 - 3:00						Lane Swim *REG* 11:00 - 12:00	
	Open Basketball 3:30 - 5:00						Aquafit 1:00 - 1:45	
	Hockey *REG* Fund (6-12 yrs) 5:45 - 6:45						Lane Swim *REG* 2:00 - 3:00 Swim Lessons *REG* 4:00 - 6:45	
							Lane Swim *REG* 7:00 - 7:45	
	Strength & Conditioning 7:00 - 7:45							

## 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		Exploymers *REG* 9:00 - 10:00				Lane Swim *REG* 6:00 - 7:00 Lane Swim *REG* 7:15 - 8:15	
			Exploymers *REG* 10:30 - 11:30				Aquafit 8:30 - 9:15  Lane Swim *REG* 9:45 - 10:45 Lane Swim *REG* 11:00 - 12:00	
PM	Walk Fit 12:00 - 12:45						Aquafit 1:00 - 1:45	
	Open Basketball 2:00 - 4:00						Lane Swim *REG* 2:00 - 3:00	
	Youth Leadership *REG* 5:30 - 7:30						Lane Swim *REG* 3:15 - 4:15 Lane Swim *REG* 4:30 - 5:30 Lane Swim *REG* 5:45 - 6:45 Lane Swim *REG* 7:00 - 8:00	

## SATURDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
AM	Basketball *REG* Fund (6-9 yrs) 10:30 - 11:30		Discovery Lab *REG* (3-5 yrs) 9:00 - 10:00		Cycle Fit *REG* 9:15 - 10:00		Lane Swim *REG* 8:00 - 8:45 Swim Lessons *REG* 9:00 - 11:45	
			Discovery Lab *REG* (6-9 yrs) 10:30 - 11:30					
PM	Basketball *REG* Fund (3-5 yrs) 12:00 - 1:00						Lane Swim *REG* 12:00 - 1:00	
	Basketball *REG* Fund (10-12 yrs) 1:00 - 2:00						Lane Swim *REG* 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	Strength and Core 9:15-10:00						Lane Swim *REG* 8:00 - 8:45 Swim Lessons *REG* 9:00 - 11:45	
PM	Open Basketball 11:30 - 1:30						Lane Swim *REG* 12:00 - 1:00	
							Lane Swim *REG* 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](http://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](mailto:flamborough.absence@ymcahbb.ca)

### Recreational Swimming - Aquatic Admission Criteria<sup>1</sup>

**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

Available at the Membership Desk

## Hours of Service:

Not Available

207 Parkside Drive,  
Waterdown ON L8B 1B9  
p: 905 690-3555 | f: 905 690-7410  
[flamborough.membership@ymcahbb.ca](mailto:flamborough.membership@ymcahbb.ca)  
[flamborough.absence@ymcahbb.ca](mailto:flamborough.absence@ymcahbb.ca)  
[www.ymcahbb.ca](http://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