Schedule at a Glance - Flamborough Family YMCA

September 8 - December 20, 2026

SUNDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45			GRAVITY (8 Spots) 8:15 - 8:45				Lane Swim 8:00 - 8:45	
8:30 AM									
9:00 AM	Strength and Conditioning 9:15 - 10:00		Cycle Fit 9:00 - 10:00	COMING NOVEMBER 30TH!				Swim Lessons 9:00 - 12:30	
9:30 AM									
10:00 AM			TRX 10:15 - 11:00						
10:30 AM	Family Pickleball 10:30 - 12:00								
11:00 AM				GRAVITY (8 Spots) 11:15 - 11:45					
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm				Birthday Party 1 Rental 12:00 - 2:00 pm			Open Swim Full Pool (No Lane Swim) 12:45 - 1:45	Parent and Child Swim/ Birthday Parties 12:45 - 3:45
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15 - 2:30								
1:30 PM									
2:00 PM								Lane Swim 2:00 - 3:45	
2:30 PM									
3:00 PM	Birthday Party 1 Rental 3:00 - 4:00 pm		Community Rental 3:00-4:00	COMING NOVEMBER 30TH!	Birthday Party 1 Rental 3:00 - 5:00 pm				
3:30 PM									
4:00 PM	Divided Open Gym 4:15 - 6:45							Community Rental 4:00 - 7:00	
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM	Gym Close at 6:45 pm								

SWIM ADMISSION CRITERIA

Children ages 0 - 5:
Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
Maximum ratio: 2 children: 1 adult

Children ages 6 - 9:
[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
Maximum ratio: 3 children: 1 adult Maximum ratio: 6 children: 1 adult (with lifejackets)
[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.
Maximum ratio: 3 children: 1 adult

Youth ages 10 - 15:
Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

What is the Facility Swim Test?
To enter deep water and/or swim independently, swimmers must:
- 25-meter non-stop front swim
- 30 second tread in deep end
- Adult swim test: discretion of the lifeguard

The swim test must be demonstrated at each visit to the YMCA.

At any time, lifeguards may ask for a demonstration of participants swimming ability if they feel there is a question of the participant's safety.

FACILITY HOURS *NEW - STARTING SEPTEMBER 8, 2026*

Monday - Friday:
5:30am - 9:30 pm

Saturday:
7:00am - 7:00pm

Sunday:
8:00am - 7:00pm

Holidays:
Thanksgiving
Sunday, October 11: 8am - 2pm
Monday, October 12: 8am - 4pm

Pool Hours are as indicated on the Schedule
Sauna closed during Swim Lessons

- Adult Registered Classes
- Child and Youth Registered Classes
- Aquatic Registered Classes
- Open Swim (Lap or Leisure
- Recreational Sports (Drop In)
- Drop In Group Fitness
- Youth Programs
- Community Rentals

MONDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
5:30AM	Divided Open Gym (All Ages) 6:00 - 7:00		Cycle Fit *New Time* 6:00 - 6:45 am	COMING NOVEMBER 30TH!				Lane Swim 6:00 - 8:15	
6:30 AM									
7:00 AM	Pickle Ball 7:15 - 8:30								
7:30 AM									
8:00 AM									
8:30 AM								AquaFit 8:30 - 9:15	
9:00 AM	Body Fit 9:15 - 10:00			GRAVITY (8 Spots) 9:15-9:45			Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15		
9:30 AM			TRX 9:30- 10:15					Open/Lane Swim 9:30- 10:45	Open Swim 9:30 - 10:45
10:00 AM	Divided Open Gym (All Ages) 10:15 - 11:15			GRAVITY (8 Spots) 10:00-10:30					
10:30 AM			Yoga for Strength *New Location* 10:30 - 11:30				Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30	Lane Swim 10:45 - 12:45	Splashers 11:00 - 12:00
11:00 AM				COMING NOVEMBER 30TH!					Open Swim 12:00 - 12:45
11:30 AM	Walk Fit 11:30 - 12:15								
12:00 PM				GRAVITY (8 Spots) 11:45-12:15				Aqua Fit 1:00 - 1:45	
12:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30							Hydrotherapy 2:00 - 2:45	
1:00 PM								Lane Swim 2:45 - 3:45	Open Swim 2:45 - 3:45
1:30 PM									
2:00 PM					Karate Fundamentals (Ages 6 -12) 4:45 - 5:30			Swim Lessons 4:00 - 7:30 Adult Lessons: Beginner Level 7:00-7:30	
2:30 PM					Karate Advanced (Ages 6 - 12) 5:40 - 6:20				
3:00 PM				COMING NOVEMBER 30TH!					
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM			Zumba Kids JR (Ages 3-5) 5:15 - 6:00						
5:30 PM									
6:00 PM	*NEW" Boot Camp Circuits 6:00 - 7:00			GRAVITY (8 Spots) 6:30 - 7:00	Community Rental 6:30 - 7:30				
6:30 PM				GRAVITY (8 Spots) 7:15 - 7:45					
7:00 PM	Zumba 7:15 - 8:15								
7:30 PM									
8:00 PM				COMING NOVEMBER 30TH!					
8:30 PM	Divided Open Gym (All Ages) 8:30 - 9:15							Community Rental 7:30 – 9:00	
9:00 PM									
9:30 PM	Gym Close at 9:15 pm								

TUESDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
5:30 AM	Divided Open Gym (All Ages) 6:00 - 9:00			GRAVITY (8 Spots) 6:00 - 6:30				Lane Swim 6:00 - 7:15	
6:30 AM									
7:00 AM				COMING NOVEMBER 30TH!				Community Rental (Sept. 29 - Oct. 27) 7:15-8:15	
7:30 AM									
8:00 AM				GRAVITY (8 Spots) 8:15 - 8:45					
8:30 AM								AquaFit 8:30 - 9:15	
9:00 AM	ViPR *New Location* 9:15 - 10:00		Cycle Fit 9:15 - 10:00				Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15		
9:30 AM				COMING NOVEMBER 30TH!	Barre *New Location" 9:30 - 10:15			Open/Lane Swim 9:30- 10:45	Open Swim 9:30 - 12:45
10:00 AM	Muscle Fit 10:15 - 11:00								
10:30 AM			Zumba Tone *Returning Class* 10:15-11:15				Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30		
11:00 AM				GRAVITY (8 Spots) 11:15 - 11:45				Lane Swim 10:45 - 12:45	
11:30 AM	Gentle Fit 11:30-12:15								
12:00 PM					Balance + 1:00 - 2:00			Aqua Fit 1:00 - 1:45	
12:30 PM	Pickleball 12:45 - 2:45							Lane Swim 2:00 - 3:45	
1:00 PM								Lane Swim (2 lanes) 2:45-3:45 Community Rental (1 lane) Sept. 29 - Oct. 27,	Open Swim 2:00 - 3:45
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM				COMING NOVEMBER 30TH!					
3:30 PM	Divided Open Gym (All Ages) 3:00 - 4:45							Swim Lessons 4:00 - 7:30	
4:00 PM									
4:30 PM									
5:00 PM	Sports Adventure (Ages 6-9) 5:15 - 6:15	Sports Adventure (Ages 3-5) 5:15 - 6:00							
5:30 PM									
6:00 PM				GRAVITY (8 Spots) 6:00 - 6:30	Pilates *New Location" 6:15 - 7:00				
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30								
7:00 PM			TRX 7:00 - 8:00		Yoga *New Location* 7:15 - 8:15				
7:30 PM									
8:00 PM	Divided Open Gym (All Ages) 7:45 - 9:15			COMING NOVEMBER 30TH!				Master Swim * Registered* 7:45 - 8:45	Open Swim 7:30 - 9:00
8:30 PM								Lane Swim 8:45 - 9:15	
9:00 PM	Gym Close at 9:15							Pool Closes 9:15	

Schedule at a Glance - Flamborough Family YM

Shine On

September 8 - December 20, 2026

WEDNESDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
5:30AM	Strength and Conditioning *New Time* 6:00 - 6:45							Lane Swim/ Community Rental 6:00 - 8:15	
6:30 AM				GRAVITY (8 Spots) 8:45 - 9:15	- 9:15			AquaFit 8:30 - 9:15	
7:00 AM	Pickle Ball 7:15 - 8:30								
7:30 AM				COMING NOVEMBER 30TH!		Core Fit *New Location* 9:30 - 10:15		Open/Lane Swim 9:30- 10:45	Open Swim 9:30 - 12:45
8:00 AM				GRAVITY (8 Spots) 10:15 - 10:45		Yoga *New Location* 10:30 - 11:30	Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30		
8:30 AM				COMING NOVEMBER 30TH!				Lane Swim 10:45 - 12:45	
9:00 AM	HIIT 9:15 - 10:00			GRAVITY (8 Spots) 12:00 - 12:30		Chair Yoga 12:00 - 12:45			
9:30 AM								Aqua Fit 1:00 - 1:45	
10:00 AM	Divided Open Gym (All Ages) 10:15-11:15			COMING NOVEMBER 30TH!				Hydrotherapy 2:00 - 2:45	
10:30 AM								Lane Swim 2:45 - 3:45	Open Swim 2:45 - 3:45
11:00 AM								Swim Lessons 4:00 - 7:30	
11:30 AM	Walk Fit 11:30 - 12:15								
12:00 PM									
12:30 PM	Divided Open Gym (All Ages) 12:30 - 3:45								
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Family Open Gym (Parented Play) 4:00 - 5:00 pm								
4:30 PM									
5:00 PM	*New* Open Volleyball 5:15 - 6:45		*NEW* Cycle Fit Express 5:15 - 5:45 pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45				
5:30 PM									
6:00 PM				Queenax (Circuit Training) *Fitness Floor* 6:00 - 6:45 pm	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45				
6:30 PM									
7:00 PM	*Returning Class" Zumba 7:15 - 8:15		Yang/Yin Yoga *New Location* 7:00 - 8:00 pm		Karate Advanced (Ages 6 - 12) 7:00 - 7:45				
7:30 PM									
8:00 PM					Karate Adult/Black Belt Training 8:00 - 8:45				
8:30 PM									
9:00 PM	Gym Close at 9:15 pm							Pool Close at 9:15 pm	

THURSDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
5:30AM	Divided Open Gym (All Ages) 6:00 - 9:15							Lane Swim 6:00 - 7:15	
6:30 AM				GRAVITY (8 Spots) 6:00 - 6:30				Community Rental (Oct. 8- Nov. 5) 7:15-8:15	
7:00 AM									
7:30 AM				COMING NOVEMBER 30TH!				AquaFit 8:30 - 9:15	
8:00 AM									
8:30 AM				GRAVITY (8 Spots) 9:15-9:45			Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15		
9:00 AM			Cycle Fit 9:15 - 10;00					Open/Lane Swim 9:30- 10:45	Open Swim 9:30 - 10:45
9:30 AM				COMING NOVEMBER 30TH!	Yoga *New Location* 9:30 - 10:30				
10:00 AM	Stength and Conditioning 10:15 - 11:00		*New Class* Core Fit 10:30 - 11:15				Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30		
10:30 AM				GRAVITY (8 Spots) 10:45 - 11:15				Lane Swim 10:45 - 12:45	Splashers 11:00 - 12:00
11:00 AM									Open Swim 12-12:45
11:30 AM	Gentle Fit 11:30 - 12:15								
12:00 PM				COMING NOVEMBER 30TH!		Balance + 1:00 - 2:00		Aqua Fit 1:00 - 1:45	
12:30 PM	Pickleball 12:45 - 2:45								
1:00 PM								Lane Swim 2:00 - 3:45	Open Swim 2:00 - 3:45
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Divided Open Gym (All Ages) 3:00 - 4:45								
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Basketball Skills & Drills (Ages 6 - 9) 5:15 - 6:15	Basketball Skills & Drills (Ages 3 - 5) 5:15 - 6:00		GRAVITY (8 Spots) 5:00 - 5:30					
5:30 PM					*New* Youth Strength and Conditioning (Ages 13 - 15) *Fitness Floor Workout* 5:30 - 6:15			Swim Lessons 4:00 - 7:30 Adult Lessons: Beginner Level 7:00-7:30	
6:00 PM		Soccer Skills & Drills (Ages 3-5) 6:15 - 7:00	Cycle/Strength 6:00 - 7:00		*New* Youth Strength and Conditioning Jr (Ages 10 -12) 6:30 - 7:15				
6:30 PM	Soccer Skills & Drills (Ages 6 - 9) 6:30 - 7:30			COMING NOVEMBER 30TH!					
7:00 PM									
7:30 PM									
8:00 PM								Master Swim * Registered* 7:45 - 8:45	Open Swim 7:30 - 9:00
8:30 PM								Lane Swim 8:45 - 9:15	
9:00 PM	Gym Close at 9:15 pm							Pool Close at 9:15 pm	

SATURDAY

	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
				COMING NOVEMBER 30TH!					
7:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45			COMING NOVEMBER 30TH!					
7:30 AM				GRAVITY (8 Spots) 8:15 - 8:45	*New* Youth Strength and Conditioning Jr (Ages 10 -12) 9:00 - 9:45			Lane Swim 7:30 - 8:45	
8:00 AM									
8:30 AM									
9:00 AM	Volleyball Skills & Drills (Ages 6-9) 9:00 - 10:00	Sports Adventure (Ages 3-5) 9:00 - 9:45	Cycle Fit *New Time* 9:00 - 9:45	*New* Youth Strength and Conditioning (Ages 13 - 15) *Fitness Floor Workout* 10:00 - 10:45				Swim Lessons 9:00 - 12:30	
9:30 AM									
10:00 AM	Volleyball Recreational Play (Ages 10 - 12) 10:15 - 11:15		Yin Yoga *New Location* 10:15 - 11:15	*New* Queenax Circuit Training Fitness Floor* 10:00 -11:00					
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm				Birthday Party 1 Rental 12:00 - 2:00 pm			Open Swim Full Pool (No Lane Swim) 12:45 - 2:45	Parent and Child Swim/ Birthday Parties 12:45- 6:45
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15 - 2:30								
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Birthday Party 1 Rental 3:00 - 4:00 pm				Birthday Party 1 Rental 3:00 - 5:00 pm			Lane Swim 2:45 - 6:45	
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Divided Open Gym 4:15 - 6:45								
5:30 PM									
6:00 PM									
6:30 PM	Gym Close at 6:45 pm							Pool Closes 6:45	

Adult Registered Classes
Aquatic Registered Classes
Recreational Sports (Drop In)
Registered Youth Programs
Child and Youth Registered Classes
Open Swim (Lap or Leisure
Drop In Group Fitness
Community Rentals/Birthday Party Rentals