



Flamborough Family YMCA

HOLIDAY SCHEDULE

FACILITY HOURS

Labour Day

Monday, September 7, 2026
8:00 am - 4:00 pm

Group Fitness Schedule
20/20 (Strength & Low-Impact Cardio Class)
with Cari
9:15 - 10:00 am

***Child and Youth Programming and Swim Lessons will not be running**

Pool Closed

- **Reopening September 8, 2026**



Shine On