



Schedule at a Glance - Flamborough Family YMCA

September 8 - December 20, 2026

SUNDAY										MONDAY																																																																																																																																																																																																																																																																																																																																																																																			
	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL		GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL																																																																																																																																																																																																																																																																																																																																																																										
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45			*NEW* October 2026 Gravity 8:00 - 8:30				Lane Swim 8:00 - 8:45		5:30 AM	Divided Open Gym (All Ages) 6:00 - 7:00		Cycle Fit *New Time* 6:00 - 6:45 am	Classes coming October 2026 - times subject to change				Lane Swim 6:00 - 8:15																																																																																																																																																																																																																																																																																																																																																																											
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9:00 AM	Strength and Conditioning 9:15 - 10:00		Cycle Fit 9:00 - 10:00	Classes coming October 2026- times subject to change						7:00 AM	Pickle Ball 7:15 - 8:30			*NEW* October 2026 Gravity 7:00 - 7:30																																																																																																																																																																																																																																																																																																																																																																															
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11:00 AM	Family Pickleball 10:30 - 12:00			*NEW* October 2026 Gravity 11:00 - 11:30					Swim Lessons 9:00 - 12:30	9:00 AM	Body Fit 9:15 - 10:00		TRX 9:30- 10:15	Classes coming October 2026 - times subject to change			Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15	AquaFit 8:30 - 9:15	Open Swim 9:30 - 10:45																																																																																																																																																																																																																																																																																																																																																																										
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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										4:30 PM	*NEW* Boot Camp Circuits 6:00 - 7:00																																																																																																																																																																																																																																																																																																																																																																																		
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										5:00 PM											5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00

Mouth ages 10 - 15: Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.			TUESDAY								
What is the Facility Swim Test? To enter deep water and/or swim independently, swimmers must:	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.		GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
• 25-meter non-stop front swim • 30 second tread in deep end • Adult swim test: discretion of the lifeguard			5:30 AM	Divided Open Gym (All Ages)		*NEW* October 2026 Gravity 6:00 - 6:30				Lane Swim 6:00 - 8:15	
			6:30 AM			*NEW* October 2026 Gravity 6:45- 7:15					



Schedule at a Glance - Flamborough Family YMCA

September 8 - December 20, 2026

WEDNESDAY								
	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL
5:30AM	Strength and Conditioning *New Time* 6:00 - 6:45			Classes coming October 2026 - times subject to change				
6:30 AM				*NEW* October 2026 Gravity 7:00 - 7:30				Lane Swim/ Community Rental 6:00 - 8:15
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	HIIT 9:15 - 10:00			Classes coming October 2026 - times subject to change				
9:30 AM								
10:00 AM	Divided Open Gym (All Ages) 10:15-11:15				Core Fit *New Location* 9:30 - 10:15			
10:30 AM				*NEW* October 2026 Gravity 10:30 - 11:00	Yoga *New Location* 10:30 - 11:30			
11:00 AM				Classes coming October 2026 - times subject to change				
11:30 AM	Walk Fit 11:30 - 12:15							
12:00 PM				*NEW* October 2026 Gravity 12:30 - 1:00	Chair Yoga 12:00 - 12:45			
12:30 PM								
1:00 PM	Divided Open Gym (All Ages) 12:30 - 3:45							
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								
5:30 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			
6:00 PM				Queenax Circuit Training Fitness Floor* 6:00 - 6:45	Karate Fundamentals (Ages 6 - 12)			
6:30 PM								
7:00 PM	*Returning Class* Zumba 7:15 - 8:15		Yang/Yin Yoga *New Location* 7:00 - 8:00 pm	*NEW* October 2026 Gravity 7:15-7:45	Karate Advanced (Ages 6 - 12)			
7:30 PM								
8:00 PM								
8:30 PM					Karate Adult/Black Belt Training 8:00 - 8:45			
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
5:30AM	Divided Open Gym (All Ages) 6:00 - 9:15			*NEW* October 2026 Gravity 6:00 - 6:30				
6:30 AM								
7:00 AM				Classes coming October 2026 - times subject to change				Lane Swim 6:00 - 8:15
7:30 AM								
8:00 AM								
8:30 AM								AquaFit 8:30 - 9:15
9:00 AM								
9:30 AM			Cycle Fit 9:15 - 10:00	*New* October 2026 Gravity 9:15 - 9:45	Yoga *New Location* 9:30 - 10:30		Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15	
10:00 AM	Strength and Conditioning 10:15 - 11:00		*New Class* Core Fit 10:30 - 11:15					Open/Lane Swim 9:30- 10:45
10:30 AM							Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30	Open Swim 9:30 - 10:45
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15							
12:00 PM								
12:30 PM	Pickleball 12:45 - 2:45							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 3:00 - 4:45							
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Basketball Level 1 (Ages 6 - 9) 5:15 - 6:15	Basketball Level 1 (Ages 3 - 5) 5:15 - 6:00		Classes coming October 2026 - times subject to change				
6:00 PM								
6:30 PM	Soccer Level 1 (Ages 6 - 9) 6:30 - 7:30	Soccer Level 1 (Ages 3-5) 6:15 - 7:00	Cycle/Strength 6:00 - 7:00					
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	Gym Close at 9:15 pm							

FRIDAY								
	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL
5:30AM	Strength and Conditioning *New Time* 6:00 - 6:45			Classes coming October 2026 - times subject to change				
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:30	Open Gym (All Ages) 7:15 - 8:45		*NEW* October 2026 Gravity 7:00 - 7:30				Lane Swim/ Community Rental 6:00 - 8:15
7:30 AM								
8:00 AM								
8:30 AM								AquaFit 8:30 - 9:15
9:00 AM	Body Fit 9:15 - 10:00			Classes coming October 2026 - times subject to change				
9:30 AM								
10:00 AM	Divided Open Gym (All Ages) 10:15 - 11:15							
10:30 AM								
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15		*Returning Class* Zumba 10:15 - 11:15					
12:00 PM				*NEW* October 2026 Gravity 12:00 - 12:30				
12:30 PM								
1:00 PM	Pickleball 12:45 - 2:45							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 3:00 - 5:30							
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Youth Volleyball League *Registered* Starting October 2 (Ages 12 - 14) 5:45 - 8:15			*NEW* October 2026 Gravity 5:30 - 6:00				
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Open Gym 8:30 - 9:15							
9:00 PM	Gym Close at 9:15 pm							

SATURDAY								
	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL
7:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45							
7:30 AM								
8:00 AM								
8:30 AM				*NEW* October 2026 Gravity 8:15 - 8:45	*New* Youth Strength and Conditioning Jr (Ages 10 -12) 8:45 - 9:30			Lane Swim 7:30 - 8:45
9:00 AM								
9:30 AM	Volleyball Level 1 (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				
10:00 AM	Volleyball Level 2 (Ages 10 - 12) 10:15 - 11:15			*New* Queenax Circuit Training Fitness Floor* 10:00 - 11:00				
10:30 AM			Yin Yoga *New Location* 10:15 - 11:15					
11:00 AM				*NEW* October 2026 Gravity 11:00 - 11:30				
11:30 AM				*NEW* October 2026 Gravity 11:45 - 12:15				
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm				Birthday Party 1 Rental 12:00 - 2:00 pm			
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			
3:30 PM								
4:00 PM								
4:30 PM	Divided Open Gym 4:15 - 6:45							
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM	Gym Close at 6:45 pm							

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