



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		6:00 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															
8:30 AM				6:30 AM																													
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					
9:30 AM	TRX 10:15 - 11:00							7:30 AM	*NEW* October 2026 Gravity 7:45 - 8:15																								
10:00 AM	Family Pickleball 10:30 - 12:00			*NEW* October 2026 Gravity 11:00 - 11:30					Swim Lessons 9:00 - 12:30	8:00 AM				Classes coming October 2026 - times subject to change			Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15	AquaFit 8:30 - 9:15															
10:30 AM				*NEW* October 2026 Gravity 11:45 - 12:15						8:30 AM																							
11:00 AM				9:00 AM																													
11:30 AM				9:30 AM																													
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm					Birthday Party 1 Rental 12:00 - 2:00 pm				10:00 AM	Divided Open Gym (All Ages) 10:15 - 11:15		TRX 9:30- 10:15 Yoga for Strength *New Location* 10:30 - 11:30				Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30	Open/Lane Swim 9:30 - 10:45	Open Swim 9:30 - 10:45														
12:30 PM										10:30 AM																							
1:00 PM	Divided Open Gym (All Ages) 1:15 - 2:30							Open Swim Full Pool (No Lane Swim) 12:45 - 1:45	Parent and Child Swim/ Birthday Parties 12:45 - 3:45	11:00 AM	Walk Fit 11:30 - 12:15							Lane Swim 10:45 - 12:45	Splashers 11:00 - 12:00														
1:30 PM										11:30 AM																							
2:00 PM								Lane Swim 2:00 - 3:45		12:00 PM				*NEW* October 2026 Gravity 12:30 - 1:00					Open Swim 12:00 - 12:45														
2:30 PM										12:30 PM																							
3:00 PM	Birthday Party 1 Rental 3:00 - 4:00 pm									1:00 PM								Aqua Fit 1:00 - 1:45															
3:30 PM										1:30 PM																							
4:00 PM	Divided Open Gym 4:15 - 6:45			Classes coming October 2026-times subject to change		Birthday Party 1 Rental 3:00 - 5:00 pm				2:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30			Classes coming October 2026 - times subject to change				Lane Swim 2:45 - 3:45	Open Swim 2:45 - 3:45														
4:30 PM										3:00 PM																							
5:00 PM										3:30 PM																							
5:30 PM										4:00 PM																							
6:00 PM										4:30 PM																							
6:30 PM										4:30 PM																							
SWIM ADMISSION CRITERIA										5:00 PM	*NEW* Boot Camp Circuits 6:00 - 7:00																						
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										5:30 PM																							
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										7:00 PM	Zumba 7:15 - 8:15			*NEW* October 2026 Gravity 7:00 - 7:30																			
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.										7:30 PM				*NEW* October 2026 Gravity 7:45 - 8:15																			
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										8:00 PM	Divided Open Gym (All Ages) 8:30 - 9:15																						
										8:30 PM																							
										9:00 PM																							
										9:30 PM																							
										TUESDAY																							
											GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL														
										6:00 AM	Divided Open Gym (All Ages) 6:00 - 9:00			*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																			
										7:00 AM				Classes coming October 2026 - times subject to change																			
										7:30 AM																							
										8:00 AM	VIPR *New Location* 9:15 - 10:00		Cycle Fit 9:15 - 10:00			Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15	AquaFit 8:30 - 9:15																
										8:30 AM																							
										9:00 AM	Muscle Fit 10:15 - 11:00							Open/Lane Swim 9:30 - 10:45															
										9:30 AM																							
										10:00 AM			Zumba Tone *Returning Class* 10:15-11:15				Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30	Lane Swim 10:45 - 12:45	Open Swim 9:30 - 12:45														
										10:30 AM																							
										11:00 AM	Gentle Fit 11:30-12:15																						
										11:30 AM																							
										12:00 PM	Pickleball 12:45 - 2:45							Aqua Fit 1:00 - 1:45															
										12:30 PM																							
										1:00 PM																							
										1:30 PM																							
										2:00 PM	Divided Open Gym (All Ages) 3:00 - 4:45							Lane Swim 2:00 - 3:45	Open Swim 2:00 - 3:45														
										2:30 PM																							
										3:00 PM																							
										3:30 PM																							
										4:00 PM																							
										4:30 PM	Sports Adventure (Ages 6-9) 5:15 - 6:15	Sports Adventure (Ages 3-5) 5:15 - 6:00																					
										5:00 PM																							
										5:30 PM				*NEW* October 2026 Gravity 6:00 - 6:30																			
										6:00 PM																							
										6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30																						
										7:00 PM																							
										7:30 PM																							
										8:00 PM																							
										8:30 PM																							
										9:00 PM																							
										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



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
6:00 AM	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	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			Classes coming October 2026 - times subject to change				
4:30 PM								
5:00 PM			*NEW* Cycle Fit Express 5:15 - 5:45 pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45			
5:30 PM	*New* Open Volleyball 5:15 - 6:45							
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
6:00 AM	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				
7:30 AM								
8:00 AM								
8:30 AM								
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					
10:30 AM							Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30	
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	Divided Open Gym (All Ages) 3:00 - 4:45							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 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				
5:30 PM					*New* Youth Strength and Conditioning (Ages 13 - 15) *Fitness Floor Workout* 5:30 - 6:15			
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		*New* Youth Strength and Conditioning Jr (Ages 10 -12) 6:30 - 7:15			
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	Gym Close at 9:15 pm							Pool Close at 9:15 pm

FRIDAY								
	GYM 1 & 2	GYM 3	STUDIO A	GRAVITY STUDIO	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL
6:00 AM	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	Divided Open Gym (All Ages) 10:15 - 11:15				Yoga 9:30 - 10:30			Open/Lane Swim 9:30 - 10:45
10:00 AM					*New* Barre 10:45 - 11:30			
10:30 AM			*Returning Class* Zumba 10:15 - 11:15					
11:00 AM	Walk Fit 11:30 - 12:15							
11:30 AM				*NEW* October 2026 Gravity 12:00 - 12:30				Lane Swim 10:45 - 12:45
12:00 PM	Pickleball 12:45 - 2:45				Chair Yoga 12:30 - 1:15			
12:30 PM								Aqua Fit 1:00 - 1:45
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM	Divided Open Gym (All Ages) 3:00 - 5:30			Classes coming October 2026 - times subject to change				Lane Swim 2:00 - 3:45
3:00 PM								
3:30 PM								
4:00 PM	Youth Volleyball League *Registered* Starting October 2 (Ages 12 - 14) 5:45 - 8:15			*NEW* October 2026 Gravity 5:30 - 6:00				Open Swim 2:00 - 3:45
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	Open Gym 8:30 - 9:15			Classes coming October 2026 - times subject to change				
6:30 PM					Community Rental 6:30 - 7:30			
7:00 PM								
7:30 PM								
8:00 PM	Open Gym 8:30 - 9:15							
8:30 PM								
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							Community Rental 7:00 - 8:30
7:30 AM								
8:00 AM				*NEW* October 2026 Gravity 8:15 - 8:45	*New* Youth Strength and Conditioning Jr (Ages 10 -12) 8:45 - 9:30			
8:30 AM								
9:00 AM	Volleyball Level 1 (Ages 6-9) 9:00 - 10:00	Sports Adventure (Ages 3-5) 9:00 - 9:45		*New* Youth Strength and Conditioning (Ages 13 - 15) *Fitness Floor Workout* 10:00 - 10:45				
9:30 AM			Cycle Fit *New Time* 9:00 - 9:45					
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				Discovery Den (Ages 3-5) 10:15 - 11:00	
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	Birthday Party 1 Rental 3:00 - 4:00 pm							
2:30 PM								
3:00 PM	Divided Open Gym 4:15 - 6:45			Classes coming October 2026 - times subject to change	Birthday Party 1 Rental 3:00 - 5:00 pm			
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Gym Close at 6:45 pm							
5:30 PM								
6:00 PM								
6:30 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