



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										8:00 AM									
10:30 AM										8:30 AM									
11:00 AM	Family Pickleball 10:30 - 12:00			*NEW* October 2026 Gravity 11:00 - 11:30						9:00 AM	Body Fit 9:15 - 10:00						Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15	AquaFit 8:30 - 9:15	
11:30 AM				*NEW* October 2026 Gravity 11:45 - 12:15						9:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm									10:00 AM	Divided Open Gym (All Ages) 10:15 - 11:15		TRX 9:30- 10:15	Classes coming October 2026 - times subject to change					
12:30 PM										10:30 AM									
1:00 PM	Divided Open Gym (All Ages) 1:15 - 2:30									11:00 AM	Walk Fit 11:30 - 12:15								
1:30 PM										11:30 AM									
2:00 PM										12:00 PM				*NEW* October 2026 Gravity 12:30 - 1:00					
2:30 PM										12:30 PM									
3:00 PM	Birthday Party 1 Rental 3:00 - 4:00 pm									1:00 PM									
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				2:00 PM	Divided Open Gym (All Ages) 12:30 - 5:30								
4:30 PM										2:30 PM									
5:00 PM										3:00 PM									
5:30 PM										3:30 PM									
6:00 PM										4:00 PM									
6:30 PM	Gym Close at 6:45 pm									4:30 PM									
										5:00 PM									
										5:30 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?	The swim test must be demonstrated at each visit to the YMCA.
To enter deep water and/or swim independently, swimmers must:	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.
25-meter non-stop front swim 30 second tread in deep end - Adult swim test: discretion of the lifeguard	

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

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													
7:30 AM													
8:00 AM													
8:30 AM				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 - 12:45				
9:00 AM	VIPR *New Location* 9:15 - 10:00	Cycle Fit 9:15 - 10:00	Barre *New Location* 9:30 - 10:15					Child Minding (Ages 3m - 5 yrs) 9:00 - 10:15		Open/Lane Swim 9:30 - 10:45			
9:30 AM	Muscle Fit 10:15 - 11:00												
10:00 AM		Zumba Tone *Returning Class* 10:15-11:00						Child Minding (Ages 3m - 5 yrs) 10:15 - 11:30		Lane Swim 10:45 - 12:45			
10:30 AM													
11:00 AM													
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													
1:00 PM	Pickleball 12:45-3:00											Lane Swim 2:00 - 3:45	Open Swim 2:00 - 3:45
1:30 PM													
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM	Divided Open Gym (All Ages) 3:15 - 4:45												
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM	Sports Adventure (Ages 6-9) 5:15 - 6:15	Sports Adventure (Ages 3-5) 5:15 - 6:00		*NEW* October 2026 Gravity 6:00 - 6:30	Pilates *New Location* 6:15 - 7:00	Swim Lessons 4:00 - 7:30							
6:00 PM													
6:30 PM													
7:00 PM	Y-Climb (Ages 6-12) 6:30 - 7:30		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			Classes coming October 2026 - times subject to change			Master Swim *Members Only - Registered* 7:45 - 8:45	Open Swim 7:30 - 9:00					
8:30 PM							Lane Swim 8:45 - 9:15						

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



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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				Classes coming October 2026 - times subject to change				AquaFit 8:30 - 9:15
8:00 AM								
8:30 AM								
9:00 AM	HIIT 9:15 - 10:00							
9:30 AM								
10:00 AM	Divided Open Gym (All Ages) 10:15-11:15			*NEW* October 2026 Gravity 10:30 - 11:00	Core Fit *New Location* 9:30 - 10:15			Open/Lane Swim 9:30- 10:45
10:30 AM					Yoga *New Location* 10:30 - 11:30			Open Swim 9:30 - 12:45
11:00 AM				Classes coming October 2026 - times subject to change				
11:30 AM	Walk Fit 11:30 - 12:15			*NEW* October 2026 Gravity 12:30 - 1:00	Chair Yoga 12:00 - 12:45			
12:00 PM								
12:30 PM								
1:00 PM	Divided Open Gym (All Ages) 12:30 - 3:45			Classes coming October 2026 - times subject to change				Lane Swim 10:45 - 12:45
1:30 PM								
2:00 PM								Aqua Fit 1:00 - 1:45
2:30 PM								Hydrotherapy 2:00 - 2:45
3:00 PM								Lane Swim 2:45 - 3:45
3:30 PM								Open Swim 2:45 - 3:45
4:00 PM	Family Open Gym (Parented Play) 4:00 - 5:00 pm							Swim Lessons 4:00 - 7:30
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					Karate Adult/Black Belt Training 8:00 - 8:45			
8:30 PM								Lane Swim 7:45- 9:15
9:00 PM								Open Swim 745 – 9:00
	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				Lane Swim 6:00 - 8:15
6:30 AM								
7:00 AM				Classes coming October 2026 - times subject to change				AquaFit 8:30 - 9:15
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM	Strength and Conditioning 10:15 - 11:00		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	Open/Lane Swim 9:30- 10:45
10:00 AM								Open Swim 9:30 - 10:45
10:30 AM								
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15							Splashers 11:00 - 12:00
12:00 PM								Open Swim 12-12:45
12:30 PM	Pickleball 12:45-3:00							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 3:15 - 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	*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								
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								Master Swim *Members Only - Registered* 7:45 - 8:45
8:30 PM								Lane Swim 8:45 - 9:15
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				*NEW* October 2026 Gravity 7:00 - 7:30				Lane Swim/ Community Rental 6:00 - 8:15
7:00 AM		Pickleball 7:15 - 8:30						
7:30 AM				Classes coming October 2026 - times subject to change				AquaFit 8:30 - 9:15
8:00 AM								
8:30 AM								
9:00 AM	Body Fit 9:15 - 10:00							
9:30 AM								
10:00 AM	Divided Open Gym (All Ages) 10:15 - 11:15							Open/Lane Swim 9:30- 10:45
10:30 AM								Open Swim 9:30 - 12:45
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15		*Returning Class* Zumba 10:15 - 11:15	*NEW* October 2026 Gravity 12:00 - 12:30				
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:45-3:00							Aqua Fit 1:00 - 1:45
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Youth Volleyball League *Registered* (Ages 12 - 14) 5:45 - 8:15			*NEW* October 2026 Gravity 5:30 - 6:00				Private Swim Lessons/ Adult and Teen Lessons 4:00 - 7:30
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
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								
8:30 AM				*NEW* October 2026 Gravity 8:15 - 8:45	*New* Youth Strength and Conditioning Jr (Ages 10 -12) 8:45 - 9:30			
9:00 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	Karate Fundamentals (Ages 6 -12) 9:45-10:30 am			Swim Lessons 9:00 - 12:30
9:30 AM					Karate Advanced (Ages 6 - 12) 10:45-11:30 am			
10:00 AM								
10:30 AM	Volleyball Level 2 (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			Discovery Den (Ages 3-5) 10:15 - 11:00	
11:00 AM								
11:30 AM				*NEW* October 2026 Gravity 11:00 - 11:30				
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm			*NEW* October 2026 Gravity 11:45 - 12:15	Birthday Party 1 Rental 12:00 - 2:00 pm			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
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

Pool Closes 6:45