

Flamborough Family YMCA - Schedule at a Glance: June 29 - September 6, 2026



SUNDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am		Cycle Fit 9:00- 10:00 am					Lane Swim 8:00 - 8:45 am	
8:30 AM									
9:00 AM	Strength & Conditioning 9:15 - 10:00 am							Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 1:2:30 pm
9:30 AM									
10:00 AM			TRX 10:15 - 11:00 am						
10:30 AM	Family Pickleball 10:30 - 12:00 pm								
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM	Divided Open Gym (All Ages) 12:15 - 3:45pm							Open Swim (Full Pool) 12:45 - 1:45 pm	Open Swim (Parent and Child) 12:45- 3:45 pm
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	GYM Closes at 3:45 pm							POOL Closes at 3:45 pm	

SWIM ADMISSION CRITERIA

Participants under must be given a wristband prior to entering the pool.

Red: Ages 0-5 must be accompanied by a parent/guardian (min. 16 years of age) in the water, within arm’s reach at all time.

Ages 6-9 who cannot pass the swim test must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm’s reach at all times.

Yellow: Ages 6-9, shallow water or deep end with a life jacket. Must be supervised by parent/guardian (min. 16 years of age) in the pool area [visual contact].

Green: Ages 10-15, anywhere in the pool after passing the swim test.

At any time, lifeguards may ask for demonstration of participant’s swimming ability if they feel there is questions of the participant’s safety.

SUMMER SESSION - Swim and Child and Youth Land Programs			
Session	Start to End	Registration Opens	
SUMMER 9 Weeks	June 29 - August 30, 2026	June 15, 2026	(for Child and Youth More members)
		June 22, 2026	(for Child and Youth Core members)
		June 22, 2026 for Child and Youth Land programs for non-members	
Session	Start to End	Registration Opens	
FALL 11 Week	September 14- November 26, 2026	August 24, 2026	(for Child and Youth More members)
		August 31, 2026	(for Child and Youth Core members)
		August 31, 2026 for Child and Youth Land programs for non-members	

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Youth Programs

Recreational Sports

MONDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
6:00 AM									
6:30 AM									
7:00 AM	Pickleball 7:15 - 8:30 am		Cycle Fit 6:30-7:15 am					Lane Swim 6:00 - 8:15 am	
7:30 AM									
8:00 AM									
8:30 AM								Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15 - 10:00 am								
9:30 AM			TRX 9:30-10:15 am				Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am	Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 -10:45 am
10:00 AM	Summer Fun 101 10:15 - 11:15 am				Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm			
10:30 AM				Yoga for Strength 10:30 - 11:30 am			Child Minding (Ages 3 m - 5yrs) 10:15 -11:30 am		Splashers 11:00 - 12:00 pm
11:00 AM									
11:30 AM	Walk Fit 11:30 - 12:15 pm							Lane Swim 10:45-12:45 pm	
12:00 PM									Open Swim 12:00-12:45 pm
12:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30 pm								
1:00 PM								AquaFit 1:00 - 1:45 pm	
1:30 PM									
2:00 PM								Hydrotherapy 2:00 - 2:45 pm	
2:30 PM									
3:00 PM								Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM					Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm		
5:30 PM									
6:00 PM	New Time - New Location! Boot Camp 6:00 -6:45 pm		Zumba Kids (Ages 6-12) 6:15 - 7:00pm		Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm			Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:30 PM									
7:00 PM	Zumba 7:15 - 8:15pm								
7:30 PM							Adult Swim Lessons (1 lane) 7:30-8:00 pm	Open Swim 7:45-9:00 pm	
8:00 PM									
8:30 PM								Lane Swim 7:45 - 9:15 pm	
9:00 PM									
	GYM Closes at 9:15 pm							POOL Closes at 9:15 pm	

TUESDAY												
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL			
6:00 AM								Lane Swim 6:00 - 8:15 am				
6:30 AM												
7:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am											
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM	Summer Fun 101 9:00-9:30 am		Cycle Fit 9:15- 10:00 am	VIPR 9:15 - 10:00 am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am	Aqua Fit 8:30 - 9:15 am	Open Swim 9:30 -12:45pm			
9:30 AM		Barre and Tone 9:30 - 10:15 am									Open/Lane Swim 9:30 - 10:45 am	
10:00 AM	Muscle Fit 10:15-11:00 am							Child Minding (Ages 3 m - 5yrs) 10:15 -11:30 am				
10:30 AM												
11:00 AM												
11:30 AM	Gentle Fit 11:30 - 12:15 pm						Lane Swim 10:45-12:45 pm					
12:00 PM												
12:30 PM	Pickleball 12:45 - 3:00 pm											
1:00 PM							Aqua Fit 1:00 - 1:45 pm					
1:30 PM						Balance + 1:00-2:00 pm						
2:00 PM								Open/Lane Swim 2:00 -3:45 pm	Open Swim 2:00 -3:45 pm			
2:30 PM												
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm											
3:30 PM												
4:00 PM												
4:30 PM								Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm			
5:00 PM	Floor Hockey (Ages 6 - 9) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 -6:00 pm										
5:30 PM												
6:00 PM												
6:30 PM	Y-Climb (Ages 6-12) 6:30 -7:30 pm			Pilates 6:15 - 7:00 pm								
7:00 PM												
7:30 PM	Divided Open Gym (All Ages) 7:45-9:00 pm		TRX 7:00 - 7:45 pm	Yoga 7:15 - 8:15 pm				Masters Swim 7:45 - 8:45 pm	Open Swim 7:45 - 9:00 pm			
8:00 PM												
8:30 PM										Lane Swim 8:45 - 9:15 pm		
9:00 PM	GYM Closes at 9:15 pm										POOL Closes at 9:15 pm	

