



## MONDAY

| 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<br>(All Ages)<br>6:00 - 7:00   |                                            | Cycle Fit<br>*New Time*<br>6:00 - 6:45 am                   | Classes coming October<br>2026 - times subject to<br>change |                                 |                |                                                                               | Lane Swim<br>6:00 - 8:15                            |              |                                              |                            |
| 6:30 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              | *NEW* October 2026<br>Gravity<br>7:00 - 7:30 |                            |
| 7:00 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              | *NEW* October 2026<br>Gravity<br>7:45 - 8:15 |                            |
| 7:30 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 8:00 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 8:30 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              | AquaFit<br>8:30 - 9:15                       |                            |
| 9:00 AM   | Body Fit<br>9:15 - 10:00                        |                                            | TRX<br>9:30- 10:15                                          | Classes coming October<br>2026 - times subject to<br>change |                                 |                |                                                                               | Child Minding<br>(Ages 3m - 5 yrs)<br>9:00 - 10:15  |              | Open/Lane Swim<br>9:30 - 10:45               | Open Swim<br>9:30 - 10:45  |
| 9:30 AM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 10:00 AM  | Divided Open Gym<br>(All Ages)<br>10:15 - 11:15 |                                            | Yoga for Strength<br>*New Location*<br>10:30 - 11:30        |                                                             |                                 |                |                                                                               | Child Minding<br>(Ages 3m - 5 yrs)<br>10:15 - 11:30 |              | Lane Swim<br>10:45 - 12:45                   | Splashers<br>11:00 - 12:00 |
| 10:30 AM  |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 11:00 AM  |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 11:30 AM  | Walk Fit<br>11:30 - 12:15                       |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 12:00 PM  | Divided Open Gym<br>(All Ages)<br>12:30 - 5:30  |                                            | *NEW* October 2026<br>Gravity<br>12:30 - 1:00               |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 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   |                                                 | Zumba Kids JR<br>(Ages 3-5)<br>5:15 - 6:00 | Classes coming October<br>2026 - times subject to<br>change |                                                             |                                 |                | Swim Lessons<br>4:00 - 7:30<br><br>Adult Lessons: Beginner Level<br>7:00-7:30 |                                                     |              |                                              |                            |
| 5:30 PM   |                                                 | Zumba Kids<br>(Ages 6-12)<br>6:15 - 7:00   |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 6:00 PM   | Boot Camp<br>6:00 - 7:00                        |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 6:30 PM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
|           |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 7:00 PM   | Zumba<br>7:15 - 8:15                            |                                            |                                                             | *NEW* October 2026<br>Gravity<br>7:00 - 7:30                | Community Rental<br>6:30 - 7:30 |                |                                                                               |                                                     |              |                                              |                            |
| 7:30 PM   |                                                 |                                            |                                                             | *NEW* October 2026<br>Gravity<br>7:45 - 8:15                |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 8:00 PM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 8:30 PM   | Divided Open Gym<br>(All Ages)<br>8:30 - 9:15   |                                            |                                                             |                                                             |                                 |                |                                                                               | Community Rental<br>7:30 - 9:00                     |              |                                              |                            |
| 9:00 PM   |                                                 |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |
| 9:30 PM   | Gym Close at 9:15 pm                            |                                            |                                                             |                                                             |                                 |                |                                                                               |                                                     |              |                                              |                            |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Children ages 0 - 5:</p> <p>Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.</p> <p>Maximum ratio: 2 children: 1 adult</p>                                                                                                                                                                                                                                                                                                   |
| <p>Children ages 6 - 9:</p> <p>[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.</p> <p>Maximum ratio: 3 children: 1 adult                      Maximum ratio: 6 children: 1 adult (with lifejackets)</p> <p>[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.</p> <p>Maximum ratio: 3 children: 1 adult</p> |
| <p>Youth ages 10 - 15:</p> <p>Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.</p>                                                                                                                                                                                                                                                                                                                                                              |

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.

**Monday - Friday:**  
**5:30am - 9:30 pm**

**Saturday:**  
10am - 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**

|          | 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<br>(All Ages)<br>6:00 - 9:00 |                                                |                                                  | *NEW* October 2026<br>Gravity<br>6:00 - 6:30                |                                                    |                               |                                               | Lane Swim<br>6:00 - 8:15                                     |                          |
| 6:30 AM  |                                               |                                                |                                                  | *NEW* October 2026<br>Gravity<br>6:45- 7:15                 |                                                    |                               |                                               |                                                              |                          |
| 7:00 AM  |                                               |                                                |                                                  | Classes coming October<br>2026 - times subject to<br>change |                                                    |                               |                                               |                                                              |                          |
| 7:30 AM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 8:00 AM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 8:30 AM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 9:00 AM  | ViPR<br>*New Location*<br>9:15 - 10:00        | Cycle Fit<br>9:15 - 10:00                      | Barre and Tone<br>*New Location*<br>9:30 - 10:15 |                                                             | Child Minding<br>(Ages 3m - 5 yrs)<br>9:00 - 10:15 | AquaFit<br>8:30 - 9:15        | Open Swim<br>9:30 - 12:45                     |                                                              |                          |
| 9:30 AM  | Muscle Fit<br>10:15 - 11:00                   | Zumba Tone<br>*Returning Class*<br>10:30-11:30 |                                                  | Child Minding<br>(Ages 3m - 5 yrs)<br>10:15 - 11:30         |                                                    | Open/Lane Swim<br>9:30- 10:45 |                                               |                                                              |                          |
| 10:00 AM |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 10:30 AM | Gentle Fit<br>11:30-12:15                     |                                                |                                                  |                                                             | Lane Swim<br>10:45 - 12:45                         |                               |                                               |                                                              |                          |
| 11:00 AM |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 11:30 AM | Pickleball<br>12:45-3:00                      |                                                |                                                  |                                                             | Balance +<br>1:00 - 2:00                           |                               | Aqua Fit<br>1:00 - 1:45                       |                                                              |                          |
| 12:00 PM |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 12:30 PM |                                               |                                                |                                                  |                                                             |                                                    |                               | Lane Swim<br>2:00 - 3:45                      |                                                              | Open Swim<br>2:00 - 3:45 |
| 1:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 1:30 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 |                                                              |                          |
| 2:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 2:30 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 3:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 3:30 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 4:00 PM  | Sports Adventure<br>(Ages 6-9)<br>5:15 - 6:15 | Sports Adventure<br>(Ages 3-5)<br>5:15 - 6:00  |                                                  | *NEW* October 2026<br>Gravity<br>6:00 - 6:30                |                                                    |                               |                                               |                                                              |                          |
| 5:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 5:30 PM  | Y-Climb<br>(Ages 6-12)<br>6:30 - 7:30         |                                                | TRX<br>7:15 - 8:00                               |                                                             | Yoga<br>*New Location*<br>7:15 - 8:00              |                               |                                               |                                                              |                          |
| 6:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 6:30 PM  | Divided Open Gym<br>(All Ages)<br>7:45 - 9:15 |                                                |                                                  | Classes coming October<br>2026 - times subject to<br>change |                                                    |                               |                                               | Master Swim<br>*Members Only -<br>Registered*<br>7:45 - 8:45 | Open Swim<br>7:30 - 9:00 |
| 7:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 7:30 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               | Lane Swim<br>8:45 - 9:15                                     |                          |
| 8:00 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 8:30 PM  |                                               |                                                |                                                  |                                                             |                                                    |                               |                                               |                                                              |                          |
| 9:00 PM  | Gym Close at 9:15                             |                                                |                                                  |                                                             |                                                    |                               | Pool Closes 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 |



# Schedule at a Glance - Flamborough Family YMCA

September 14 - November 29, 2026

| WEDNESDAY |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
|-----------|--------------------------------------------------------|-------------------------------------------------------------|-------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|----------------|--------------------|-------------------------------------------------|--------------|--|-------------------------|--|--|--|--|
|           | GYM 1 & 2                                              | GYM 3                                                       | STUDIO A                      | GRAVITY STUDIO                                              | MULTIPURPOSE A                                              | MULTIPURPOSE B | CHILD MINDING ROOM | LAP POOL                                        | LEISURE POOL |  |                         |  |  |  |  |
| 6:00 AM   | Strength and Conditioning<br>*New Time*<br>6:00 - 6:45 |                                                             |                               | Classes coming October<br>2026 - times subject to<br>change |                                                             |                |                    | Lane Swim/<br>Community Rental<br>6:00 - 8:15   |              |  |                         |  |  |  |  |
| 6:30 AM   |                                                        |                                                             |                               | *NEW* October 2026<br>Gravity<br>7:00 - 7:30                |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 7:00 AM   | Pickle Ball<br>7:15 - 8:30                             | Classes coming October<br>2026 - times subject to<br>change |                               | AquaFit<br>8:30 - 9:15                                      |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 7:30 AM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 8:00 AM   |                                                        |                                                             |                               | Open/Lane Swim<br>9:30- 10:45                               |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 8:30 AM   | HIIT<br>9:15 - 10:00                                   |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 9:00 AM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 9:30 AM   | Divided Open Gym<br>(All Ages)<br>10:15-11:15          |                                                             |                               |                                                             | *NEW* October 2026<br>Gravity<br>10:30 - 11:00              |                |                    | Core Fit<br>*New Location*<br>9:30 - 10:15      |              |  |                         |  |  |  |  |
| 10:00 AM  |                                                        |                                                             |                               |                                                             | Classes coming October<br>2026 - times subject to<br>change |                |                    |                                                 |              |  |                         |  |  |  |  |
| 10:30 AM  |                                                        |                                                             |                               |                                                             | Yoga<br>*New Location*<br>10:30 - 11:30                     |                |                    |                                                 |              |  |                         |  |  |  |  |
| 11:00 AM  | Walk Fit<br>11:30 - 12:15                              |                                                             |                               |                                                             |                                                             |                |                    | Open Swim<br>9:30 - 12:45                       |              |  |                         |  |  |  |  |
| 11:30 AM  |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 12:00 PM  | Divided Open Gym<br>(All Ages)<br>12:30 - 3:45         |                                                             |                               | *NEW* October 2026<br>Gravity<br>12:30 - 1:00               | Chair Yoga<br>12:00 - 12:45                                 |                |                    | Lane Swim<br>10:45 - 12:45                      |              |  |                         |  |  |  |  |
| 12:30 PM  |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 1:00 PM   |                                                        |                                                             |                               | Classes coming October<br>2026 - times subject to<br>change |                                                             |                |                    | Aqua Fit<br>1:00 - 1:45                         |              |  |                         |  |  |  |  |
| 1:30 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 2:00 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    | Hydrotherapy<br>2:00 - 2:45                     |              |  |                         |  |  |  |  |
| 2:30 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 3:00 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    | Lane Swim<br>2:45 - 3:45                        |              |  |                         |  |  |  |  |
| 3:30 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 4:00 PM   | Family Open Gym<br>(Parented Play)<br>4:00 - 5:00 pm   |                                                             | Power Spin<br>5:15 - 5:45 pm  |                                                             |                                                             |                |                    | Swim Lessons<br>4:00 - 7:30                     |              |  |                         |  |  |  |  |
| 4:30 PM   | *New*<br>Open Volleyball<br>5:15 - 6:45                |                                                             |                               | Queenax Circuit Training<br>Fitness Floor*<br>6:00 -6:45    | Karate Fundamentals (Ages 6 - 12)<br>5:00 - 5:45            |                |                    |                                                 |              |  |                         |  |  |  |  |
| 5:00 PM   |                                                        |                                                             |                               |                                                             | Karate Fundamentals (Ages 6 - 12)                           |                |                    |                                                 |              |  |                         |  |  |  |  |
| 5:30 PM   |                                                        |                                                             |                               |                                                             | Karate Fundamentals (Ages 6 - 12)                           |                |                    |                                                 |              |  |                         |  |  |  |  |
| 6:00 PM   | *Returning Class*<br>Zumba<br>7:15 - 8:15              |                                                             |                               | *NEW* October 2026<br>Gravity<br>7:15-7:45                  | Karate Advanced (Ages 6 - 12)                               |                |                    |                                                 |              |  |                         |  |  |  |  |
| 6:30 PM   | Yin/Yang Yoga<br>*New Location*<br>7:00 - 8:00 pm      |                                                             | Karate Advanced (Ages 6 - 12) |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 7:00 PM   |                                                        |                                                             | Karate Advanced (Ages 6 - 12) |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
| 7:30 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    | Karate Adult/Black Belt Training<br>8:00 - 8:45 |              |  | Lane Swim<br>7:45- 9:15 |  |  |  |  |
| 8:00 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    | Karate Adult/Black Belt Training<br>8:00 - 8:45 |              |  |                         |  |  |  |  |
| 8:30 PM   |                                                        |                                                             |                               |                                                             |                                                             |                |                    | Karate Adult/Black Belt Training<br>8:00 - 8:45 |              |  |                         |  |  |  |  |
| 9:00 PM   |                                                        |                                                             | Gym Close at 9:15 pm          |                                                             |                                                             |                |                    |                                                 |              |  | Open Swim<br>745 – 9:00 |  |  |  |  |
|           |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  |                         |  |  |  |  |
|           |                                                        |                                                             |                               |                                                             |                                                             |                |                    |                                                 |              |  | 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                                                    | LEISURE POOL |  |  |  |                                                                               |
| 6:00 AM              | Divided Open Gym<br>(All Ages)<br>6:00 - 9:15     |                                                   |                                                                                          | *NEW* October 2026<br>Gravity<br>6:00 - 6:30                     |                                          |                |                    | Lane Swim<br>6:00 - 8:15                                    |              |  |  |  |                                                                               |
| 6:30 AM              |                                                   |                                                   |                                                                                          | Classes coming October<br>2026 - times subject to<br>change      |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 7:00 AM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 7:30 AM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 8:00 AM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 8:30 AM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 9:00 AM              | Cycle Fit<br>9:15 - 10:00                         | *New* October 2026<br>Gravity<br>9:15 - 9:45      | Yoga<br>*New Location*<br>9:30 - 10:30                                                   | Child Minding<br>(Ages 3m - 5 yrs)<br>9:00 - 10:15               | AquaFit<br>8:30 - 9:15                   |                |                    |                                                             |              |  |  |  |                                                                               |
| 9:30 AM              |                                                   | Strength and Conditioning<br>10:15 - 11:00        |                                                                                          |                                                                  | *New Class*<br>Core Fit<br>10:15 - 11:00 |                |                    | Open/Lane Swim<br>9:30 - 10:45                              |              |  |  |  |                                                                               |
| 10:00 AM             |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 10:30 AM             |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 11:00 AM             |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 11:30 AM             | Gentle Fit<br>11:30 - 12:15                       |                                                   |                                                                                          |                                                                  |                                          |                |                    | Open Swim<br>9:30 - 12:45                                   |              |  |  |  |                                                                               |
| 12:00 PM             |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 12:30 PM             |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 1:00 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 1:30 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 2:00 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 2:30 PM              | Pickleball<br>12:45-3:00                          |                                                   |                                                                                          |                                                                  | Balance +<br>1:00 - 2:00                 |                |                    | Aqua Fit<br>1:00 - 1:45                                     |              |  |  |  |                                                                               |
| 3:00 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 3:30 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 4:00 PM              | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45     |                                                   |                                                                                          |                                                                  |                                          |                |                    | Classes coming October<br>2026 - times subject to<br>change |              |  |  |  | Lane Swim<br>2:00 - 3:45                                                      |
| 4:30 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 5:00 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 5:30 PM              | Basketball Level 1<br>(Ages 6 - 9)<br>5:15 - 6:15 | Basketball Level 1<br>(Ages 3 - 5)<br>5:15 - 6:00 | Youth Strength and Conditioning (Ages 13 - 15)<br>*Fitness Floor Workout*<br>5:30 - 6:15 | Youth Strength and Conditioning Jr (Ages 10 - 12)<br>6:30 - 7:15 |                                          |                |                    |                                                             |              |  |  |  | Swim Lessons<br>4:00 - 7:30<br><br>Adult Lessons: Beginner Level<br>7:00-7:30 |
| 6:00 PM              |                                                   |                                                   |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 6:30 PM              | Soccer Level 1<br>(Ages 6 - 9)<br>6:30 - 7:30     | Soccer Level 1<br>(Ages 3-5)<br>6:15 - 7:00       |                                                                                          |                                                                  |                                          |                |                    |                                                             |              |  |  |  |                                                                               |
| 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                                      | LEISURE POOL                                                |                            |                                                             |  |
| 6:00 AM  | Strength and Conditioning<br>*New Time*<br>6:00 - 6:45 |                                       |                                                                          | Classes coming October<br>2026 - times subject to<br>change |                                                                |                |                                 | Lane Swim/<br>Community Rental<br>6:00 - 8:15 |                                                             |                            |                                                             |  |
| 6:30 AM  |                                                        |                                       |                                                                          | *NEW* October 2026<br>Gravity<br>7:00 - 7:30                |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 7:00 AM  | Pickleball<br>7:15 - 8:30                              | Open Gym<br>(All Ages)<br>7:15 - 8:45 |                                                                          | Classes coming October<br>2026 - times subject to<br>change |                                                                |                |                                 | AquaFit<br>8:30 - 9:15                        |                                                             |                            |                                                             |  |
| 7:30 AM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 8:00 AM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 | Open/Lane Swim<br>9:30 - 10:45                |                                                             |                            |                                                             |  |
| 8:30 AM  | Body Fit<br>9:15 - 10:00                               |                                       |                                                                          | Yoga<br>9:30 - 10:30                                        | Open Swim<br>9:30 - 12:45                                      |                |                                 |                                               |                                                             |                            |                                                             |  |
| 9:00 AM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 | *Returning Class*<br>Zumba<br>10:15 - 11:15   | *New Class*<br>Barre and Tone<br>10:45 - 11:30              |                            |                                                             |  |
| 9:30 AM  | Divided Open Gym<br>(All Ages)<br>10:15 - 11:15        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 10:00 AM |                                                        |                                       |                                                                          | Walk Fit<br>11:30 - 12:15                                   |                                                                |                |                                 |                                               |                                                             | Lane Swim<br>10:45 - 12:45 |                                                             |  |
| 10:30 AM | *NEW* October 2026<br>Gravity<br>12:00 - 12:30         |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            | Chair Yoga<br>12:30 - 1:15                                  |  |
| 11:00 AM |                                                        |                                       |                                                                          | Pickleball<br>12:45-3:00                                    |                                                                |                |                                 |                                               |                                                             | Aqua Fit<br>1:00 - 1:45    |                                                             |  |
| 11:30 AM | Divided Open Gym<br>(All Ages)<br>3:15 - 5:30          |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            | Classes coming October<br>2026 - times subject to<br>change |  |
| 12:00 PM |                                                        |                                       |                                                                          | Open Swim<br>2:00 - 3:45                                    |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 12:30 PM |                                                        |                                       | Youth Volleyball League<br>*Registered*<br>(Ages 12 - 14)<br>5:45 - 8:15 |                                                             | Private Swim Lessons/<br>Adult and Teen Lessons<br>4:00 - 7:30 |                |                                 |                                               |                                                             |                            |                                                             |  |
| 1:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                | Community Rental<br>6:30 - 7:30 |                                               |                                                             |                            |                                                             |  |
| 1:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               | Classes coming October<br>2026 - times subject to<br>change |                            |                                                             |  |
| 2:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            | Community Rental<br>7:30 - 9:00                             |  |
| 2:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 3:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 3:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 4:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 4:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 5:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 5:30 PM  | Open Gym<br>8:30 - 9:15                                |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 6:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 6:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 7:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 7:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 8:00 PM  | Gym Close at 9:15 pm                                   |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 8:30 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |
| 9:00 PM  |                                                        |                                       |                                                                          |                                                             |                                                                |                |                                 |                                               |                                                             |                            |                                                             |  |

| SATURDAY |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
|----------|-------------------------------------------------------|-----------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------|-----------------------------|-------------------------------------------------------|--------------|----------------------------------------------------------|--|
|          | GYM 1 & 2                                             | GYM 3                                         | STUDIO A                                     | GRAVITY STUDIO                                                                                                | MULTIPURPOSE A                                                           | MULTIPURPOSE B | CHILD MINDING ROOM          | LAP POOL                                              | LEISURE POOL |                                                          |  |
| 7:00 AM  | Divided Open Gym<br>(All Ages)<br>7:00 - 8:45         |                                               |                                              |                                                                                                               |                                                                          |                |                             | Community Rental<br>7:00 – 8:30                       |              |                                                          |  |
| 7:30 AM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 8:00 AM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 8:30 AM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 9:00 AM  | Volleyball Level 1<br>(Ages 6-9)<br>9:00 - 10:00      | Sports Adventure<br>(Ages 3-5)<br>9:00 - 9:45 | Cycle Fit<br>*New Time*<br>9:00 - 9:45       | *New*<br>Gravity<br>8:15 - 8:45                                                                               | *New*<br>Youth Strength and Conditioning Jr (Ages 10 -12)<br>8:45 - 9:30 |                | (Ages 3-5)<br>10:15 - 11:00 | Swim Lessons<br>9:00 - 12:30                          |              |                                                          |  |
| 9:30 AM  |                                                       |                                               |                                              | *New*<br>Youth Strength and<br>Conditioning (Ages 13 -<br>15)<br><br>*Fitness Floor Workout*<br>10:00 - 10:45 | Karate Fundamentals (Ages 6 -12)<br>4:30 - 5:15                          |                |                             |                                                       |              |                                                          |  |
| 10:00 AM | Volleyball Level 2<br>(Ages 10 - 12)<br>10:15 - 11:15 |                                               | Tiro Yoga<br>*New Location*<br>10:15 - 11:15 | Queenax Circuit Training<br>Fitness Floor*                                                                    | Karate Advanced (Ages 6 - 12)<br>5:30 - 6:15                             |                |                             |                                                       |              |                                                          |  |
| 10:30 AM |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 11:00 AM |                                                       |                                               |                                              | *NEW* October 2026<br>Gravity<br>11:00 - 11:30                                                                |                                                                          |                |                             |                                                       |              |                                                          |  |
| 11:30 AM |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 12:00 PM | Birthday Party 1 Rental<br>12:00 - 1:00 pm            |                                               |                                              | *NEW* October 2026<br>Gravity<br>11:45 - 12:15                                                                | Birthday Party 1 Rental<br>12:00 - 2:00 pm                               |                |                             | Open Swim Full Pool<br>(No Lane Swim)<br>12:45 - 2:45 |              |                                                          |  |
| 12:30 PM |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 1:00 PM  | Divided Open Gym<br>(All Ages)<br>1:15 - 2:30         |                                               |                                              | Classes coming October<br>2026 - times subject to<br>change                                                   | Birthday Party 1 Rental<br>3:00 - 5:00 pm                                |                |                             |                                                       |              | Parent and Child Swim<br>Birthday Parties<br>12:45- 5:00 |  |
| 1:30 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 2:00 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 2:30 PM  | Birthday Party 1 Rental<br>3:00 - 4:00 pm             |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 3:00 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 3:30 PM  | Divided Open Gym<br>4:15 - 6:45                       |                                               |                                              |                                                                                                               | Birthday Party 1 Rental<br>3:00 - 5:00 pm                                |                | Lane Swim<br>2:45 - 5:45    |                                                       |              |                                                          |  |
| 4:00 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 4:30 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 5:00 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 5:30 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 6:00 PM  |                                                       |                                               |                                              |                                                                                                               |                                                                          |                |                             |                                                       |              |                                                          |  |
| 6:30 PM  | Gym Close at 6:45 pm                                  |                                               |                                              |                                                                                                               |                                                                          |                | Pool Closes 5:45            |                                                       |              |                                                          |  |