



Flamborough Family YMCA

CANADA DAY SCHEDULE

Tuesday, July 1, 2025

FACILITY HOURS

8:00 AM - 2:00 PM

Land Schedule

**Divided Open Gym
(All Ages)
8:00 am - 9:00 am**

**Fitness Lollapalooza with
Diana
Gymnasium
9:30 am - 10:15 am**

**Divided Open Gym
(All Ages)
10:15 - 1:45 pm**

**No Child and Youth
Programs
No Child Minding

Pool Schedule

**Lap Pool
Lane/Open Swim
8:00 am - 11:00 am**

**Open Swim
11:00 am - 1:45pm**

**Leisure Pool
Open Swim
8:00 am - 1:45 pm**

**No Swim Lessons*



Shine On