				SUNDA	Y				Flam	borough	Family `	YMCA - Sc	hedule at a	Glance	: April 1	- June	29. 202	25
0.00.414	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL	(Child	and Youth P	rograms S	Schedule - Ma	hedule at a y 5- June 29, 2	025)	p	Juile		
8:00 AM 8:30 AM			Cycle Fit				8:00 - 8:45 am						MONDAY					Shine On
9:00 AM		Conditioning 0:00 am	8:45am - 9:45 am							GYM1&2		GYM3	STUDIO A	STUDIO B	MULTIPURPOSEA	MULITPURPOSE B	LAPPOOL	LEISURE POOL
9:30 AM 10:00 AM	9.13-11	0.00 am	TRX				_		6:00 AM 6:30 AM									
10:30 AM		Pickleball	10:15 - 11:00 am				_	Swim Lessons			1		Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8::15 am	
11:00 AM	Closed fo	11:30 am or Cleaning			New Cl	lass!	Swim Lessons 9:00 - 1:00 pm	9:00 - 1:00 pm	7:00 AM 7:30 AM		Pickleball 7:00 - 8:45 am							
11:30 AM	11:30 am -	- 12:00 pm			Line Dan				8:00 AM		7,00 0,15 0,11						Aqua Fit	
12:00 PM					11:30-12:3	30 pm			8:30 AM 9:00 AM		Body Fit						8:30-9:15 am	
12:30 PM 1:00 PM	Divided C	Open Gym					Lang/Open Suring		9:30 AM 10:00 AM		9:15 - 10:00 am		TRX 9:30-10:15					Open Swim
1:30 PM 2:00 PM	(All <i>I</i> 12:00-1	Ages) 3:30 pm					Lane/Open Swim 1:15 - 2:30 pm	Open Swim	10:30 AM		Open Gym (All Ages)		Yoga for Strength					9:30-10:45
2:30 PM		·					Open Swim	1:15 - 3:45 pm	11:00 AM		10:15-11:15am Walk Fit		10:30 - 11:30 am				Lane Swim	Splashers 11:00 - 12:00 pm
3:00 PM 3:30 PM							2:30 - 3:45 pm		12:00 PM		11:30 - 12:15 pm						9:30-12:45 pm	Open Swim
4:00 PM							Pool Close:	at 3:45 pm	12:30 PM		Closed for Cleaning 12:30 pm - 1:00 pm							12:00-12:45 pm
			SW	/IM ADMISSIC	N CRITERIA				1:00 PM								Hydrotherapy 1:00 - 1:45 pm	
Children	ages 0 – 6:								1:30 PM 2:00 PM								Lane Swim	
				be in the water, v	within arms' reach, at	t all times. Ratio	: 1 adult per 2 chil	dren or 1 adult	2:30 PM								2:00-2:45 pm	Open Swim 2:00-3:45 pm
per 4 child	ren if <u>all childr</u>	<u>en</u> are in life jacke	ets.						3:00 PM 3:30 PM		Divided Open Gym (all ages)						Community Rental 2:45-3:45 pm	2.00 3.45 pm
	ages 7 – 9:								4:00 PM		1:00 pm - 6:45 pm							
					CA lifeguard. If they p				4:30 PM 5:00 PM				Zumba Kids JR (Ages	3-5)	Karate Fundamer	ntals (Ages 6-12)	Swim Lessons 4:00-7:30 pm	
					ol deck. If they do no atio: 1 adult per 2 chi				5:30 PM				5:15 pm - 6:00pm		5:00 - 5			Swim Lessons 4:00 - 7:30 pm
life jackets		ist be in the water	, within airis read	eri, at air tirries. Ne	itio. I addit per 2 cm	narch or radar	t per Termarerrii	an emaren are n	6:00 PM				Zumba Kids (Ages 6-6:15 pm - 7:00 pm	Back to Living Well 6:15 pm - 7:30 pm	Karate Advance 6:00-6			
Vouth an	d adults 10 yea	are and areas							7:00 PM				Hatha Yoga	0.13 pm 7.50 pm	Karate (Volunteer			
	•		elcome to use the	nool subject to	their swimming abil	litios			7:30 PM		Zumba 7:15 pm-8:15pm		7:15 - 8:15pm		7:00 -7	45 pm		0.5:
	•		cicomic to use the	poor, subject to	Their swiffining abii	nucs.			8:00 PM 9:00 PM								Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm
	ne Facility Swi		1 4 .						8:30 PM 9:30 PM								Pool Clos	oses at 9:15 pm
	comfort in the	•	dently, swimmers	s must:					9:30 PM				TUESDA	1			roorcio	sscsutes.15 pm
			wl in shallow wate	ar						GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOS	SEB LA	PPOOL	LEISURE POOL
					lifeguards may ask fo	or a demonstrat	tion of swimming	ability if	6:00 AM									
		ion of the particip		convicuity conte					6:30 AM								e Swim - 8:15 am	
		SP	RING REGISTRATI	ON DATES - Chil	d and Youth LAND P	PROGRAMS			7:00 AM 7:30 AM	Divided C	pen Gym							
	Session		Start to End		Registration Opens	Members	Non-Men	nbers	8:00 AM 8:30 AM	(All A 7:00-9	ges) :30am					Λ.	qua Fit	
	Spring 1		March 3 - May 4		February 10		Februar		9:00 AM			Cycle Fit					-9:15 am	
	8 weeks		MaiCi13-May4					y 17	9:30 AM			9:15 - 10:00 am New Class!	Barre and Tone 9:30 - 10:15am					
	Spring 2 8 Weeks		May 5 - June 29		April 14		April 2	21	10:00 AM	Musc 10:15-1		Zumba Tone	5.50 To.15dill					
	Summer		hung 20 Avenuet 24		huna O		li un a 1		10:30 AM			10:15 - 11:15 am					ie Swim	Open Swim
	8 Weeks		June 30 - August 24		June 9		June 1	6	11:00 AM 11:30 AM	Gent	le Fit		Baby & Me			9:30-	12:45 pm	9:30-12:45
Cnr	Karate ring 11 weeks		April 7- June 22		March 18		March	25	12:00 PM	11:30 - 1	2:15 pm		11:30-12:15pm					
<u> </u>	Karate								12:30 PM 1:00 PM	D: 44	- L - II					A	qua Fit	
Summer 8 weeks							1:30 PM	Pickl 12:30-3					lance Plus 00-2:00 pm	1:00	- 1:45 pm			
			SPRING I	REGISTRATION D	DATES - AQUATICS				2:00 PM 2:30 PM						200 pm		ie Swim	Open Swim
	Session		Start to End		,	Registration	n Opens		3:00 PM	Divided C (All A						2:0	0-3:45	2:00 -345
	Spring		April 7 - June 22			March	131		3:30 PM 4:00 PM	3:15-4	45 pm							
	11 Weeks		74017 JUIC 22						4:30 PM					Aut C	nark (Ages 2.5)			
	Summer		June 30 - August 24			June 1	23		5:00 PM 5:30 PM	Soccer Level 1 (Ages 6-12)	Soccer Level 1 Ages 3-5)				oark (Ages 3-5) 15-6:00 pm	Swin	n Lessons	Swim Lessons
	8 Weeks						-		6:00 PM	5:15 -6:15 pm	5:30-6:15 pm	Boot Camp			V PROGRAM Jeners (Ages 6-12)		-7:30 pm	4:00 - 7:30 pm
	Flamba	rough Ear	mily YMCA	Δ						Y-Climb (A		6:00-6:45		*6 week prog	ram starting May 20th 15-7:15 pm			
_									6:30 PM 7:00 PM	6:30 -7:	30 pm	TRX	Yoga	——— b:	157.15 μπ			
9	207 Pa	rkside Dri	ve, Water	down, Ol	Ν				7:30 PM	Divided O	pen Gym	7:00 - 7:45 pm	7:00 - 8:00 pm				ter Swim 15-8:45	0
flamborough.membership@ymcahbb.ca								8:00 PM		ges)						e Swim	Open Swim 7:45 -8:45	
()	' tiamboi	rough.mer	mbership@	ymcahbk	o.ca				8:30 PM	7.400							m-9:15 pm):15 pm
																		7 1 3 1 11 11
		00-3555							9:00 PM	l Programs		Registered Child and Vo	uth Programs				Pool Closes at 9:	p
	905-69	0-3555							Registered	I Programs		Registered Child and You Open Swims (Lap or Leis		Drop in Re	creational Programs		Pool Closes at 9	213 (211)

	WEDNESDAY								FRIDAY								
	GYM1&2 GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2	GYM 3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL	
6:00 AM	Strength and Conditioning 6:10-6:55 am					Lane Swim / Community		6:00 AM	Strength and	Conditioning					Lane Swim / Community Rental		
6:30 AM 7:00 AM						Rental 6:00 - 8:15 am		6:30 AM	6:10-6:	55 am					6:00 - 7:00 am		
7:30 AM	Pickleball 7:15 - 8:45 am							7:00 AM	Pickleball	Open Gym (All Ages)					Lane Swim 7:00 - 8:15 am		
8:00 AM 8:30 AM	7.13 ⁻ 0. 13 am					Aqua Fit		7:30 AM 8:00 AM	7:15-8:45 am	7:15 - 8:45 am							
9:00 AM	HIIT 9:15-10:00 am	CORE FIT 9:30 - 10:00 am				8:30 - 9:15 am		8:30 AM							Aqua Fit		
9:30 AM 10:00 AM	Open Gym	CORE FIT 9.30 - 10.00 at 11						9:00 AM	Bod 9:15-10				v		8:30 - 9:15 am		
10:30 AM 11:00 AM	(All Ages) 10:15 - 11:15 am			Yoga 10:30-11:30 am				9:30 AM 10:00 AM					Yoga 9:30 - 10:30 am				
11:30 AM	Walk Fit			Chair Yoga		Lane Swim 9:30-12:45 pm	Open Swim 9:30-12::45	10:30 AM	Zun 10:15-1								
12:00 PM	11:30 - 12:15 pm Closed for Cleaning			11:45 - 12:30 pm		·		11:00 AM		l e.					Lane Swim 9:30-12:45 pm	Open Swim 9:30-12:45	
12:30 PM	12:30 pm - 1:00 pm					II dotto		11:30 AM 12:00 PM	Wall 11:30 - 1								
1:00 PM 1:30 PM						Hydrotherapy 1:00 - 1:45 pm		12:30 PM									
2:00 PM 2:30 PM	Divided Open Gym (all ages)					Lane Swim 2:00 - 2:45 pm	Open Swim	1:00 PM	Pickle	eball					Aqua Fit 1:00 - 1:45 pm		
3:00 PM	1:00-4:30 pm					Community Rental	2:00 - 3:45	1:30 PM 2:00 PM	12:30 - 3:00 pm								
3:30 PM 4:00 PM						2:45-3:45 pm		2:30 PM							Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm	
4:30 PM								3:00 PM									
5:00 PM	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm							3:30 PM 4:00 PM									
5:30 PM	<u></u>					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	4:30 PM									
6:00 PM 6:30 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm		Queenax - Fitness Floor*					5:00 PM							D		
			6:30-7:15pm					5:30 PM 6:00 PM	Divided O (All A	Divided Open Gym (All Ages)					Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm	
7:00 PM 7:30 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm	Zumba 7:15-8:15 pm	Yang/Yin Yoga 7:00-8:00 pm			Aqua Blast		6:30 PM	3:15-9:								
8:00 PM						7:40-8:25 pm	Open Swim 7:45 -8:45	7:00 PM									
8:30 PM						Lane Swim 8:30 - 9:15 pm		7:30 PM 8:00 PM							Lane Swim		
9:00 PM						·		8:30 PM							8:15 - 9:15 pm		
	PoolCloses at 9:15 pm					Pool Closes	at 9:15 pm	0.501101									
9:30 PM			THURCO	AV		Pool Closes	at 9:15 pm	9:00 PM				CATURDA	V		Pool Closes at	:9:15 pm	
9:30 PM	GYM1&2 GYM3	STUDIO A	THURSD		MULTIPURPOSE B				GYM1&2	GYM3	STUDIO A	SATURDA STUDIOB		MULTIPURPOSE B			
6:00 AM	GYM1&2 GYM3	STUDIOA	THURSD/ STUDIOB	AY MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	at 9:15 pm		GYM1&2	GYM3	STUDIO A	SATURDA STUDIOB	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL	
	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B			9:00 PM 8:00 AM 8:30 AM		GYM3	STUDIO A			MULTIPURPOSE B	LAP POOL		
6:00 AM 6:30 AM 7:00 AM 7:30 AM	Divided Open Gym	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim		9:00 PM 8:00 AM	Soccer Level 2 (Ages 6-12)	occer Level 1 (Ages 3-5)	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim		
6:00 AM 6:30 AM 7:00 AM		STUDIOA			MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am		9:00 PM 8:00 AM 8:30 AM 9:00 AM	Soccer Level 2					MULTIPURPOSE B	LAP POOL Lane Swim		
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided Open Gym	Cycle Fit	STUDIOB		MULTIPURPOSEB	LAP POOL Lane Swim		9:00 PM 8:00 AM 8:30 AM 9:00 AM	Soccer Level 2 (Ages 6-12)	occer Level 1 (Ages 3-5)	Cycle Fit 9:15 - 10:00 am	STUDIOB Yin Yoqa		MULTIPURPOSE B	LAP POOL Lane Swim		
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning				MULTIPURPOSE B	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL Open Swim	9:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Soccer Level 2 (Ages 6-12)	occer Level 1 (Ages 3-5)	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim		
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am	Cycle Fit	STUDIOB		MULTIPURPOSE B	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30-10:45	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am	occer Level 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa		MULTIPURPOSE B	LAP POOL Lane Swim 8:00-8:45	LEISURE POOL Swim Lessons	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit	Cycle Fit	STUDIOB		MULTIPURPOSE B	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL Open Swim	9:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am	9:00 - 9:45 am 9:00 - 9:45 am Cleaning 12:00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa		MULTIPURPOSE B	LAP POOL Lane Swim 8:00-8:45	LEISURE POOL Swim Lessons	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am	Cycle Fit	STUDIOB		MULTIPURPOSE B	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am	occer Level 1 (Ages 3-5) 9:00 - 9:45 am Gleaning 12:00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTI PURPOSE A	ty 1 Rental	LAP POOL Lane Swim 8:00-8:45	LEISURE POOL Swim Lessons	
6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:30 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIOB		MULTIPURPOSE B	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM	Soccer Level 2 (Ages 6-12) Sc (Ages 6-12) Sc (Closed for 11:30 am-	9:00 - 9:45 am Cleaning 12:00 pm rty 1 Rental ::00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTIPURPOSEA	ty 1 Rental	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm	LEISURE POOL Swim Lessons	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIOB	MULTI PURPOSE A	nce Plus	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1	Occer Level 1 (Ages 3-5) 9:00 - 9:45 am Cleaning 12:00 pm rty 1 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTI PURPOSE A	ty 1 Rental	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm	LEISURE POOL Swim Lessons	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIOB	MULTI PURPOSE A		Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am Birthday Par 12:00 - 1 Divided O (All A 1:15-2:	Cleaning 1200 pm rty 1 Rental :00 pm pen Gym .ges) 30 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTI PURPOSE A	ty 1 Rental	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm	Swim Lessons 9:00 - 1:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm	Cycle Fit	STUDIOB	MULTI PURPOSE A	nce Plus	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:00 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A	Cleaning 12:00 pm rty 1 Rental :00 pm pen Gym ges) 30 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTI PURPOSE A Birthday Par 12:00 -2:	ty 1 Rental 00 pm	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane / Open Swim	Swim Lessons 9:00 - 1:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages)	Cycle Fit	STUDIOB	MULTI PURPOSE A	nce Plus	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am Birthday Par 12:00 - 1 Divided O (All A 1:15-2:: Birthday Par 3:00 - 4: Divided O O	Cleaning 12:00 pm rty 1 Rental :00 pm pen Gym ges) 30 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	MULTI PURPOSE A	ty 1 Rental 00 pm	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm	Cycle Fit	STUDIOB	MULTI PURPOSE A	nce Plus	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am Birthday Par 12:00 - 1 Divided O (All A 1:15-2:33 Birthday Par 3:00 - 4:	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	Birthday Par 12:00 -2:	ty 1 Rental 00 pm	LAP POOL Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane / Open Swim	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm	Cycle Fit 9:15 - 10:00 am	STUDIOB	MULTI PURPOSE A	nce Plus	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core	STUDIOB Yin Yoqa	Birthday Par 12:00-2: Birthday Par 3:00-5:0	ty 1 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 3-5:15 pm-6:00 pm	Cycle Fit 9:15 - 10:00 am	STUDIOB	MULTI PURPOSE A	nce Plus -2:00 pm	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am	Yin Yoga 10:15 - 11:15 am	Birthday Par 12:00-2: Birthday Par 3:00-5:0	ty 1 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm	Cycle Fit 9:15-10:00 am	STUDIOB	MULTI PURPOSE A	nce Plus	Lane Swim 6:00-8:15 am Aqua Fit 8:30-9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00-1:45 pm Lane/Open Swim 2:00-3:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am	Yin Yoga 10:15-11:15 am	Birthday Par 12:00-2: Birthday Par 3:00-5:0	ty 1 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9)	Cycle Fit 9:15 - 10:00 am	STUDIOB	MULTI PURPOSE A	NEW PROGRAM Artistry (Ages 10-14)	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00-1:45 pm Lane/Open Swim 2:00-3:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am	Yin Yoga 10:15-11:15am FACILITY Hoonday - Friday: 6:00	Birthday Par 12:00-2: Birthday Par 3:00-5x DURS am - 9:30 pm - 5:30 pm	ty 1 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well -	Yoga 930-1030am	MULTI PURPOSE A	NEW PROGRAM Artistry (Ages 10-14)	LAPPOOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30-12:45 pm Aqua Fit 1:00-1:45 pm Lane/Open Swim 2:00-3:45 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am	FACILITY Hoonday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am	Birthday Par 12:00-2: Birthday Par 3:00-5: DURS am - 9:30 pm - 5:30 pm - 4:00 pm	ty 1 Rental 00 pm ty 2 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 13:00 PM 2:30 PM 3:30 PM 4:00 PM 5:00 PM 5:00 PM 6:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm Basketball Lvl 3 (Ages 9-12)	Cycle Fit 9:15 - 10:00 am Cycle With the second se	Yoga 930-1030am	MULTI PURPOSE A	NEW PROGRAM Artistry (Ages 10-14)	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim 2:00 - 3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm SwimLessons 4:00-7:30 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am Mo	FACILITY Hoonday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 pm (Times	Birthday Par 12:00 - 2: Birthday Par 3:00-5:0 DURS am - 9:30 pm - 5:30 pm - 4:00 pm May Vary Check In-	ty 1 Rental 00 pm ty 2 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 930-1030am	MULTI PURPOSE A	NEW PROGRAM Artistry (Ages 10-14)	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim 2:00 - 3:45 pm Swim Lessons 4:00 - 7:30 pm Master Swim 7:45-8:45	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am Mo Holidays: 8:00 al	FACILITY HOOD Saturday: 8:00 am Sunday: 8:00 am - 4:00 pm (Times hirlpool are closed of	Birthday Par 12:00-2: Birthday Par 3:00-5:0 DURS am - 9:30 pm - 5:30 pm - 4:00 pm May Vary Check Induring Swim Lesson	ty 1 Rental 00 pm ty 2 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 13:30 PM 2:00 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 5:30 PM 7:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30-3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm Basketball Lvl 3 (Ages 9-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 930-1030am	MULTI PURPOSE A	NEW PROGRAM Artistry (Ages 10-14)	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim 2:00 - 3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm SwimLessons 4:00-7:30 pm	9:00 PM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 am Closed for 11:30 am- Birthday Par 12:00 - 1 Divided O (All A 1:15-2: Birthday Par 3:00 - 4: Divided O (All A 1:00 - 1)	Cleaning 1200 pm rty 1 Rental :00 pm rty 2 Rental :00 pm	Cycle Fit 9:15 - 10:00 am ViPR/Core 10:15-11:00 am Mo Holidays: 8:00 al	FACILITY Hoonday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 pm (Times	Birthday Par 12:00-2: Birthday Par 3:00-5:0 DURS am - 9:30 pm - 5:30 pm - 4:00 pm May Vary Check Induring Swim Lesson	ty 1 Rental 00 pm ty 2 Rental 00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm Shared Lane/Open Swim 2:15-5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	