

| SUNDAY   |   |       |                               |          |  |                |                                  |                                |
|----------|---|-------|-------------------------------|----------|--|----------------|----------------------------------|--------------------------------|
|          | GYM 1 & 2   | GYM 3 | STUDIO A                      | STUDIO B | MULTI PURPOSE A                              | MULTIPURPOSE B | LAP POOL                         | LEISURE POOL                   |
| 8:00 AM  |   |       |                               |          |  |                | Lane Swim<br>8:00 - 8:45 am      |                                |
| 8:30 AM  |   |       | Cycle Fit<br>8:45am - 9:45 am |          |  |                |                                  |                                |
| 9:00 AM  | Strength & Conditioning<br>9:15 - 10:00am         |       |                               |          |  |                |                                  |                                |
| 9:30 AM  |   |       |                               |          |  |                |                                  |                                |
| 10:00 AM |   |       | TRX<br>10:15 - 11:00 am       |          |  |                |                                  |                                |
| 10:30 AM | Family Pickleball<br>10:30 - 11:30 am             |       |                               |          |  |                |                                  |                                |
| 11:00 AM | Closed for Cleaning<br>11:30 am - 12:00 pm        |       |                               |          |  |                |                                  |                                |
| 11:30 AM |   |       |                               |          | New Class!<br>Line Dancing<br>11:30-12:30 pm |                | Swim Lessons<br>9:00 - 1:00 pm   | Swim Lessons<br>9:00 - 1:00 pm |
| 12:00 PM | Divided Open Gym<br>(All Ages)<br>12:00 - 3:30 pm |       |                               |          |  |                |                                  |                                |
| 12:30 PM |   |       |                               |          |  |                |                                  |                                |
| 1:00 PM  |   |       |                               |          |  |                | Lane/Open Swim<br>1:15 - 2:30 pm | Open Swim<br>1:15 - 3:45 pm    |
| 1:30 PM  |   |       |                               |          |  |                |                                  |                                |
| 2:00 PM  |   |       |                               |          |  |                |                                  |                                |
| 2:30 PM  |   |       |                               |          |  |                | Open Swim<br>2:30 - 3:45 pm      |                                |
| 3:00 PM  |   |       |                               |          |  |                |                                  |                                |
| 3:30 PM  |   |       |                               |          |  |                |                                  |                                |
| 4:00 PM  |   |       |                               |          |  |                | Pool Closes at 3:45 pm           |                                |

SWIM ADMISSION CRITERIA

**Children ages 0 – 6:**  
An adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children or 1 adult per 4 children if all children are in life jackets.

**Children ages 7 – 9:**  
Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children or 1 adult per 4 children if all children are in life jackets.

**Youth and adults 10 years and over:**  
Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

**What is the Facility Swim Test?**  
To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant’s safety.

| SPRING REGISTRATION DATES - Child and Youth LAND PROGRAMS |                     |                    |         |             |
|---|---------------------|--------------------|---------|-------------|
| Session   | Start to End        | Registration Opens | Members | Non-Members |
| Spring 1<br>8 weeks                                       | March 3 - May 4     | February 10        |         | February 17 |
| Spring 2<br>8 Weeks                                       | May 5 - June 29     | April 14           |         | April 21    |
| Summer<br>8 Weeks   | June 30 - August 24 | June 9             |         | June 16     |
| Karate<br>Spring 11 weeks                                 | April 7- June 22    | March 18           |         | March 25    |
| Karate<br>Summer 8 weeks                                  | June 30 - August 4  | June 9             |         | June 16     |
| SPRING REGISTRATION DATES - AQUATICS                      |                     |                    |         |             |
| Session   | Start to End        | Registration Opens |         |             |
| Spring<br>11 Weeks  | April 7 - June 22   | March 31           |         |             |
| Summer<br>8 Weeks   | June 30 - August 24 | June 23            |         |             |

 207 Parkside Drive, Waterdown, ON

 flamborough.membership@ymcahbb.ca

 905-690-3555

Flamborough Family YMCA

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905-690-3555

Flamborough Family YMCA - Schedule at a Glance: April 1 - June 29, 2025

(Child and Youth Programs Schedule - May 5- June 29, 2025)

Shine On

MONDAY

|                        | GYM 1 & 2   | GYM 3  | STUDIO A                                     | STUDIO B                         | MULTI PURPOSE A  | MULTIPURPOSE B | LAP POOL | LEISURE POOL |
|------------------------|---|--|--|----------------------------------|--|----------------|----------|--------------|
| 6:00 AM                |   |  |  |                                  |  |                |          |              |
| 6:30 AM                |   |  |  |                                  |  |                |          |              |
| 7:00 AM                | Pickleball<br>7:00 - 8:45 am                        |  |  |                                  |  |                |          |              |
| 7:30 AM                |   |  |  |                                  |  |                |          |              |
| 8:00 AM                |   |  |  |                                  |  |                |          |              |
| 8:30 AM                |   |  |  |                                  |  |                |          |              |
| 9:00 AM                | Body Fit<br>9:15 - 10:00 am                         |  |  |                                  |  |                |          |              |
| 9:30 AM                |   |  |  |                                  |  |                |          |              |
| 10:00 AM               | Open Gym<br>(All Ages)<br>10:15 - 11:15 am          |  |  |                                  |  |                |          |              |
| 10:30 AM               |   |  |  |                                  |  |                |          |              |
| 11:00 AM               |   |  |  |                                  |  |                |          |              |
| 11:30 AM               | Walk Fit<br>11:30 - 12:15 pm                        |  |  |                                  |  |                |          |              |
| 12:00 PM               |   |  |  |                                  |  |                |          |              |
| 12:30 PM               | Closed for Cleaning<br>12:30 pm - 1:00 pm           |  |  |                                  |  |                |          |              |
| 1:00 PM                | Divided Open Gym<br>(all ages)<br>1:00 pm - 6:45 pm |  |  |                                  |  |                |          |              |
| 1:30 PM                |   |  |  |                                  |  |                |          |              |
| 2:00 PM                |   |  |  |                                  |  |                |          |              |
| 2:30 PM                |   |  |  |                                  |  |                |          |              |
| 3:00 PM                |   |  |  |                                  |  |                |          |              |
| 3:30 PM                |   |  |  |                                  |  |                |          |              |
| 4:00 PM                |   |  |  |                                  |  |                |          |              |
| 4:30 PM                |   |  |  |                                  |  |                |          |              |
| 5:00 PM                |   |  |  |                                  |  |                |          |              |
| 5:30 PM                |   |  |  |                                  |  |                |          |              |
| 6:00 PM                |   |  |  |                                  |  |                |          |              |
| 6:30 PM                |   |  |  |                                  |  |                |          |              |
| 7:00 PM                | Zumba<br>7:15 pm - 8:15pm                           |  |  |                                  |  |                |          |              |
| 7:30 PM                |   |  |  |                                  |  |                |          |              |
| 8:00 PM                |   |  |  |                                  |  |                |          |              |
| 9:00 PM                |   |  |  |                                  |  |                |          |              |
| 9:30 PM                |   |  |  |                                  |  |                |          |              |
| TUESDAY                |   |  |  |                                  |  |                |          |              |
|                        | GYM 1 & 2   | GYM 3  | STUDIO A                                     | STUDIO B                         | MULTI PURPOSE A  | MULTIPURPOSE B | LAP POOL | LEISURE POOL |
| 6:00 AM                |   |  |  |                                  |  |                |          |              |
| 6:30 AM                |   |  |  |                                  |  |                |          |              |
| 7:00 AM                | Divided Open Gym<br>(All Ages)<br>7:00 - 9:30 am    |  |  |                                  |  |                |          |              |
| 7:30 AM                |   |  |  |                                  |  |                |          |              |
| 8:00 AM                |   |  |  |                                  |  |                |          |              |
| 8:30 AM                |   |  |  |                                  |  |                |          |              |
| 9:00 AM                |   |  |  |                                  |  |                |          |              |
| 9:30 AM                |   |  | Cycle Fit<br>9:15 - 10:00 am                 | Barre and Tone<br>9:30 - 10:15am |  |                |          |              |
| 10:00 AM               | Muscle Fit<br>10:15-11:00 am                        |  | New Class!<br>Zumba Tone<br>10:15 - 11:15 am |                                  |  |                |          |              |
| 10:30 AM               |   |  |  |                                  |  |                |          |              |
| 11:00 AM               |   |  |  |                                  |  |                |          |              |
| 11:30 AM               | Gentle Fit<br>11:30 - 12:15 pm                      |  |  | Baby & Me<br>11:30-12:15pm       |  |                |          |              |
| 12:00 PM               |   |  |  |                                  |  |                |          |              |
| 12:30 PM               | Pickleball<br>12:30 - 3:00 pm                       |  |  |                                  |  |                |          |              |
| 1:00 PM                |   |  |  |                                  |  |                |          |              |
| 1:30 PM                |   |  |  |                                  |  |                |          |              |
| 2:00 PM                |   |  |  |                                  |  |                |          |              |
| 2:30 PM                | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm    |  |  |                                  |  |                |          |              |
| 3:00 PM                |   |  |  |                                  |  |                |          |              |
| 3:30 PM                |   |  |  |                                  |  |                |          |              |
| 4:00 PM                |   |  |  |                                  |  |                |          |              |
| 4:30 PM                |   |  |  |                                  |  |                |          |              |
| 5:00 PM                | Soccer Level 1<br>(Ages 6-12)<br>5:15 - 6:15 pm     | Soccer Level 1<br>(Ages 3-5)<br>5:30 - 6:15 pm |  |                                  | Art Spark (Ages 3-5)<br>5:15-6:00 pm   |                |          |              |
| 5:30 PM                |   |  |  |                                  | NEW PROGRAM<br>Little Gardeners (Ages 6-12)<br>*6 week program starting May 20th<br>6:15-7:15 pm |                |          |              |
| 6:00 PM                |   |  |  |                                  |  |                |          |              |
| 6:30 PM                | Y-Climb (Ages 6-12)<br>6:30 - 7:30 pm               |  | Boot Camp<br>6:00-6:45                       |                                  |  |                |          |              |
| 7:00 PM                |   |  |  |                                  |  |                |          |              |
| 7:30 PM                | Divided Open Gym<br>(All Ages)<br>7:45-9:00pm       |  | TRX<br>7:00 - 7:45 pm                        | Yoga<br>7:00 - 8:00 pm           |  |                |          |              |
| 8:00 PM                |   |  |  |                                  |  |                |          |              |
| 8:30 PM                |   |  |  |                                  |  |                |          |              |
| 9:00 PM                |   |  |  |                                  |  |                |          |              |
| Pool Closes at 9:15 pm |   |  |  |                                  |  |                |          |              |

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Drop in Recreational Programs

| WEDNESDAY |   |       |          |          |                 |                |  |                                | FRIDAY   |  |  |   |                              |                 |   |  |   |    |  |  |  |
|-----------|---|-------|----------|----------|-----------------|----------------|--|--------------------------------|----------|--|--|---|------------------------------|-----------------|---|--|---|----|--|--|--|
|           | GYM 1 & 2   | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL                                       | LEISURE POOL                   |          | GYM 1 & 2  | GYM 3                                    | STUDIO A                                    | STUDIO B                     | MULTI PURPOSE A | MULTIPURPOSE B                            | LAP POOL                                       | LEISURE POOL  |    |  |  |  |
| 6:00 AM   | Strength and Conditioning<br>6:10-6:55 am           |       |          |          |                 |                | Lane Swim / Community Rental<br>6:00 - 8:15 am |                                | 6:00 AM  | Strength and Conditioning<br>6:10-6:55 am        |  |   |                              |                 |   | Lane Swim / Community Rental<br>6:00 - 7:00 am |   |    |  |  |  |
| 6:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 AM   | Pickleball<br>7:15 - 8:45 am                        |       |          |          |                 |                |  |                                | 7:00 AM  | Pickleball<br>7:15-8:45 am                       | Open Gym<br>(All Ages)<br>7:15 - 8:45 am |   |                              |                 |   | Lane Swim<br>7:00 - 8:15 am                    |   |    |  |  |  |
| 8:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:00 AM  | Open Gym<br>(All Ages)<br>10:15 - 11:15 am          |       |          |          |                 |                | Lane Swim<br>9:30 - 12:45 pm                   | Open Swim<br>9:30 -12:45       | 8:30 AM  | BodyFit<br>9:15-10:00 am                         |  |   |                              |                 |   | Aqua Fit<br>8:30 - 9:15 am                     |   |    |  |  |  |
| 10:30 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 11:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 11:30 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:00 PM  | Closed for Cleaning<br>12:30 pm - 1:00 pm           |       |          |          |                 |                |  |                                | 10:00 AM | Zumba<br>10:15-11:15 am                          |  |   |                              |                 |   | Lane Swim<br>9:30- 12:45 pm                    | Open Swim<br>9:30 -12:45                                      |    |  |  |  |
| 12:30 PM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 1:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 1:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:00 PM   | Divided Open Gym<br>(all ages)<br>1:00 - 4:30 pm    |       |          |          |                 |                | Hydrotherapy<br>1:00 - 1:45 pm                 |                                | 11:00 AM | Walk Fit<br>11:30 - 12:15 pm                     |  |   |                              |                 |   | Lane Swim<br>9:30- 12:45 pm                    | Open Swim<br>9:30 -12:45                                      |    |  |  |  |
| 2:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 3:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 3:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:00 PM   |   |       |          |          |                 |                | Community Rental<br>2:45-3:45 pm               | Open Swim<br>2:00 -3:45        | 12:00 PM | Pickleball<br>12:30 - 3:00 pm                    |  |   |                              |                 |   | Aqua Fit<br>1:00 - 1:45 pm                     |   |    |  |  |  |
| 4:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 5:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 5:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:00 PM   | Karate Fundamentals (Ages 6 - 12)<br>5:00 - 5:45 pm |       |          |          |                 |                | Swim Lessons<br>4:00 - 7:30 pm                 | Swim Lessons<br>4:00 - 7:30 pm | 12:30 PM | Divided Open Gym<br>(All Ages)<br>3:15 - 9:00 pm |  |   |                              |                 |   | Private Swim Lesson<br>4:00 pm - 8:00 pm       | Private Swim Lesson<br>4:00 pm - 8:00 pm                      |    |  |  |  |
| 6:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 PM   | Karate Fundamentals (Ages 6 - 12)<br>6:00 - 6:45 pm |       |          |          |                 |                | Aqua Blast<br>7:40-8:25 pm                     | Open Swim<br>7:45 -8:45        | 1:00 PM  |  |  |   |                              |                 |   | Lane Swim<br>2:00 - 3:45 pm                    | Open Swim<br>2:00 - 3:45 pm                                   |    |  |  |  |
| 8:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:00 PM   | Karate Advanced (Ages 6 - 12)<br>7:00 - 7:45 pm     |       |          |          |                 |                | Lane Swim<br>8:30 - 9:15 pm                    |                                | 1:30 PM  |  |  |   |                              |                 |   | Private Swim Lesson<br>4:00 pm - 8:00 pm       | Private Swim Lesson<br>4:00 pm - 8:00 pm                      |    |  |  |  |
| 6:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 PM   |   |       |          |          |                 |                |  |                                | 2:00 PM  |  |  |   |                              |                 |   | Lane Swim<br>8:15 - 9:15 pm                    | Pool Closes at 9:15 pm  |    |  |  |  |
| 8:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| THURSDAY  |   |       |          |          |                 |                |  |                                | SATURDAY |  |  |   |                              |                 |   |  |   |    |  |  |  |
|           | GYM 1 & 2   | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL                                       | LEISURE POOL                   |          | GYM 1 & 2  | GYM 3                                    | STUDIO A                                    | STUDIO B                     | MULTI PURPOSE A | MULTIPURPOSE B                            | LAP POOL                                       | LEISURE POOL  |    |  |  |  |
| 6:00 AM   |   |       |          |          |                 |                | Lane Swim<br>6:00 - 8:15 am                    |                                | 8:00 AM  | Soccer Level 2<br>(Ages 6-12)<br>9:00 - 10:00 am |  | Soccer Level 1 (Ages 3-5)<br>9:00 - 9:45 am | Cycle Fit<br>9:15 - 10:00 am |                 |   | Lane Swim<br>8:00 -8:45                        |   |    |  |  |  |
| 6:30 AM   | Divided Open Gym<br>(All Ages)<br>7:00 - 9:30 am    |       |          |          |                 |                |  |                                | 8:30 AM  |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:30 AM   |   |       |          |          |                 |                | Aqua Fit<br>8:30 - 9:15 am                     |                                | 9:00 AM  |  |  | Yin Yoga<br>10:15 - 11:15 am                |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 9:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:30 AM  | Strength & Conditioning<br>10:15 - 11:00 am         |       |          |          |                 |                |  | Open Swim<br>9:30 -10:45       | 10:00 AM | Closed for Cleaning<br>11:30 am - 12:00 pm       |  |   |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 11:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 11:30 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:00 PM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:30 PM  | Pickleball<br>12:30 - 3:00 pm                       |       |          |          |                 |                | Lane Swim<br>9:30 - 12:45 pm                   | Splashers<br>11:00 - 12:00 pm  | 11:00 AM | Birthday Party 1 Rental<br>12:00 - 1:00 pm       |  |   |                              |                 | Birthday Party 1 Rental<br>12:00 -2:00 pm | Open Swim<br>1:15 -2:45 pm                     | Open Swim<br>1:15 - 5:15<br>Birthday Parties<br>3:00- 4:00 pm |    |  |  |  |
| 1:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 1:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:30 PM   | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm    |       |          |          |                 |                | Aqua Fit<br>1:00 - 1:45 pm                     |                                | 12:30 PM | Divided Open Gym<br>(All Ages)<br>1:15-2:30 pm   |  |   |                              |                 |   | Shared Lane /Open Swim<br>2:15-5:15 pm         | Open Swim<br>7:45 -8:45                                       |    |  |  |  |
| 3:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 3:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:30 PM   | Basketball Lvl 1 (Ages 6-9)<br>5:15 pm - 6:15 pm    |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 1:00 PM  |  |  |   |                              |                 |   | Swim Lessons<br>4:00 - 7:30 pm                 |   |    |  |  |  |
| 5:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 5:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:30 PM   | Basketball Lvl 2 (Ages 6-9)<br>6:30 - 7:30 pm       |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 1:30 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 7:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:30 PM   | Basketball Lvl 3 (Ages 9-12)<br>7:45-8:45 pm        |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 2:00 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 8:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| THURSDAY  |   |       |          |          |                 |                |  |                                | SATURDAY |  |  |   |                              |                 |   |  |   |    |  |  |  |
|           | GYM 1 & 2   | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL                                       | LEISURE POOL                   |          | GYM 1 & 2  | GYM 3                                    | STUDIO A                                    | STUDIO B                     | MULTI PURPOSE A | MULTIPURPOSE B                            | LAP POOL                                       | LEISURE POOL  |    |  |  |  |
| 6:00 AM   |   |       |          |          |                 |                | Lane Swim<br>6:00 - 8:15 am                    |                                | 8:00 AM  | Soccer Level 2<br>(Ages 6-12)<br>9:00 - 10:00 am |  | Soccer Level 1 (Ages 3-5)<br>9:00 - 9:45 am | Cycle Fit<br>9:15 - 10:00 am |                 |   | Lane Swim<br>8:00 -8:45                        |   |    |  |  |  |
| 6:30 AM   | Divided Open Gym<br>(All Ages)<br>7:00 - 9:30 am    |       |          |          |                 |                |  |                                | 8:30 AM  |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:30 AM   |   |       |          |          |                 |                | Aqua Fit<br>8:30 - 9:15 am                     |                                | 9:00 AM  |  |  | Yin Yoga<br>10:15 - 11:15 am                |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 9:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:30 AM  | Strength & Conditioning<br>10:15 - 11:00 am         |       |          |          |                 |                |  | Open Swim<br>9:30 -10:45       | 10:30 AM | Closed for Cleaning<br>11:30 am - 12:00 pm       |  |   |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 11:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 11:30 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:00 PM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:30 PM  | Pickleball<br>12:30 - 3:00 pm                       |       |          |          |                 |                | Lane Swim<br>9:30 - 12:45 pm                   | Splashers<br>11:00 - 12:00 pm  | 11:00 AM | Birthday Party 1 Rental<br>12:00 - 1:00 pm       |  |   |                              |                 | Birthday Party 1 Rental<br>12:00 -2:00 pm | Open Swim<br>1:15 -2:45 pm                     | Open Swim<br>1:15 - 5:15<br>Birthday Parties<br>3:00- 4:00 pm |    |  |  |  |
| 1:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 1:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:30 PM   | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm    |       |          |          |                 |                | Aqua Fit<br>1:00 - 1:45 pm                     |                                | 12:30 PM | Divided Open Gym<br>(All Ages)<br>1:15-2:30 pm   |  |   |                              |                 |   | Shared Lane /Open Swim<br>2:15-5:15 pm         | Open Swim<br>7:45 -8:45                                       |    |  |  |  |
| 3:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 3:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:30 PM   | Basketball Lvl 1 (Ages 6-9)<br>5:15 pm - 6:15 pm    |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 1:00 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 5:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 5:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:30 PM   | Basketball Lvl 2 (Ages 6-9)<br>6:30 - 7:30 pm       |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 1:30 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 7:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:30 PM   | Basketball Lvl 3 (Ages 9-12)<br>7:45-8:45 pm        |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 2:00 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 8:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| THURSDAY  |   |       |          |          |                 |                |  |                                | SATURDAY |  |  |   |                              |                 |   |  |   |    |  |  |  |
|           | GYM 1 & 2   | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL                                       | LEISURE POOL                   |          | GYM 1 & 2  | GYM 3                                    | STUDIO A                                    | STUDIO B                     | MULTI PURPOSE A | MULTIPURPOSE B                            | LAP POOL                                       | LEISURE POOL  |    |  |  |  |
| 6:00 AM   |   |       |          |          |                 |                | Lane Swim<br>6:00 - 8:15 am                    |                                | 8:00 AM  | Soccer Level 2<br>(Ages 6-12)<br>9:00 - 10:00 am |  | Soccer Level 1 (Ages 3-5)<br>9:00 - 9:45 am | Cycle Fit<br>9:15 - 10:00 am |                 |   | Lane Swim<br>8:00 -8:45                        |   |    |  |  |  |
| 6:30 AM   | Divided Open Gym<br>(All Ages)<br>7:00 - 9:30 am    |       |          |          |                 |                |  |                                | 8:30 AM  |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 7:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 8:30 AM   |   |       |          |          |                 |                | Aqua Fit<br>8:30 - 9:15 am                     |                                | 9:00 AM  |  |  | Yin Yoga<br>10:15 - 11:15 am                |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 9:00 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 9:30 AM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 10:30 AM  | Strength & Conditioning<br>10:15 - 11:00 am         |       |          |          |                 |                |  | Open Swim<br>9:30 -10:45       | 10:30 AM | Closed for Cleaning<br>11:30 am - 12:00 pm       |  |   |                              |                 |   | Swim Lessons<br>9:00 - 1:00 pm                 | Swim Lessons<br>9:00 - 1:00 pm                                |    |  |  |  |
| 11:00 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 11:30 AM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:00 PM  |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 12:30 PM  | Pickleball<br>12:30 - 3:00 pm                       |       |          |          |                 |                | Lane Swim<br>9:30 - 12:45 pm                   | Splashers<br>11:00 - 12:00 pm  | 11:00 AM | Birthday Party 1 Rental<br>12:00 - 1:00 pm       |  |   |                              |                 | Birthday Party 1 Rental<br>12:00 -2:00 pm | Open Swim<br>1:15 -2:45 pm                     | Open Swim<br>1:15 - 5:15<br>Birthday Parties<br>3:00- 4:00 pm |    |  |  |  |
| 1:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 1:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 2:30 PM   | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm    |       |          |          |                 |                | Aqua Fit<br>1:00 - 1:45 pm                     |                                | 12:30 PM | Divided Open Gym<br>(All Ages)<br>1:15-2:30 pm   |  |   |                              |                 |   | Shared Lane /Open Swim<br>2:15-5:15 pm         | Open Swim<br>7:45 -8:45                                       |    |  |  |  |
| 3:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 3:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 4:30 PM   | Basketball Lvl 1 (Ages 6-9)<br>5:15 pm - 6:15 pm    |       |          |          |                 |                |  | Swim Lessons<br>4:00 - 7:30 pm | 1:00 PM  |  |  |   |                              |                 |   | Open Swim<br>7:45 -8:45                        |   |    |  |  |  |
| 5:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 5:30 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   |    |  |  |  |
| 6:00 PM   |   |       |          |          |                 |                |  |                                |          |  |  |   |                              |                 |   |  |   | </ |  |  |  |