

# Flamborough Family YMCA

## VICTORIA DAY SCHEDULE

Monday, May 19, 2025

### FACILITY HOURS

**8:00 AM - 2:00 PM**

#### Land Schedule

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

HIIT Class with Diana  
Gymnasium  
9:15 am - 10:00 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*