



Flamborough Family YMCA

LABOUR DAY SCHEDULE

September 1, 2025

FACILITY HOURS

8:00 AM - 4:00 PM

Land Schedule

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

Lollapaloosa (Strength Circuit)
with Diana
Gymnasium
9:15 am - 10:00 am

Divided Open Gym
(All Ages)
10:15 - 3:45 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 - 3:45pm

Leisure Pool
Open Swim
8:00 am - 3:45 pm

**No Swim Lessons*



Shine On