



**MONDAY  
FEB  
16**

# Family Day Activities

## Flamborough Family YMCA

### **PROGRAM SCHEDULE:**

**Body Fit Class (Gym)  
9:15am – 10:00am**

**Toddler & Parented  
Play (0-6 years) (Gym)  
10:30am – 11:30am**

**Family Fun Games  
(Gym)  
11:45am – 1:00pm**

**Divided Open Gym  
1:15pm – 3:45pm**



### **POOL SCHEDULE:**

**Lane Swim (Lap Pool)  
8:00am – 10:00am**

**Open Swim (Lap  
Pool) 10:00am –  
3:45pm**

**Open Swim (Leisure  
Pool) 8:00am –**

---

### **FAMILY DAY ACTIVITIES:**

Free to Members

Non-Members: \$10 Family Pass

---

### **OPERATING HOURS**

8:00 am - 4:00 pm

Visit [ymcahbb.ca](http://ymcahbb.ca) for more  
information.