				SUNDA	YY .				
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
8:00 AM		pen Gym					Lane Swim		
8:30 AM		(All Ages) 8:00 - 8:45 am					8:00 - 8:45 am		
9:00 AM		Conditioning	Cycle Fit 9:00- 10:00 am						
9:30 AM	9:15 - 1	0:00 am							
10:00 AM			TRX					Swim Lessons	
10:30 AM			10:15 - 11:00 am						
11:00 AM							Swim Lessons 9:00 - 12:30 pm	9:00 - 1:2:30 pm	
11:30 AM		Pickleball 12:00 pm					3.00 IE.30 pm		
12:00 PM									
12:30 PM									
1:00 PM							Open/Lane Swim		
1:30 PM		Open Gym					12:45p - 2:15 pm	Open Swim	
2:00 PM		Ages)						12:45p - 3:45 pm	
2:30 PM	12:15 -	3:45pm					Open Swim		
3:00 PM							2:15 - 3:45 pm		
3:30 PM									
4:00 PM	GYM Closes at 3:45	pm					POOL Clos	es at 3:45 pm	

## SWIM ADMISSION CRITERIA

Participants under must be given a wristband prior to entering the pool.

- Red: Ages 0-5 must be accompanied by a parent/guardian (min. 16 years of age) in the water, within arm's reach at all time. Ages 6-9 who cannot pass the swim test must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
- Yellow: Ages 6-9, shallow water or deep end with a life jacket. Must be supervised by parent/guardian (min. 16 years of age) in the pool area [visual contact].

**WINTER SESSION - Swim and Child and Youth Land Programs** 

Green: Ages 10-15, anywhere in the pool after passing the swim test.

At any time, lifeguards may ask for demonstration of participant's swimming ability if they feel there is questions of the participant's safety.

Start to End	Registration Opens
	December 15, 2025 (for Child and Youth More members)
January 5 to March 29 *Programs will not run during the week of March Break	December 22, 2025 (for Child and Youth Core members)
"Programs will not run during the week of March Break	December 29, 2025 for Child and Youth Land programs for non-members

Session	Start to End	Registration Opens
Spring 11 Week	April 6 to June 21	March 23, 2026 (for Child and Youth More members) March 30, 2026 (for Child and Youth Core members) for Child and Youth Land programs for non-members

## Child Minding Time Slots: Monday - Friday 9:00 - 10:15 am 10:15 - 11:30 am

Flamborough Family YMCA

- 207 Parkside Drive, Waterdown, ON
- $\quad \hbox{ flamborough.membership@ymcahbb.ca}$
- 905-690-3555

Session Winter 11 Week

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Drop in Recreational Programs

## Flamborough Family YMCA - Schedule at a Glance: January 5 - March 29, 2026

					MONDA	<b>λ</b> Υ			
		GYM182	GYM3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAP POOL	LEISURE POOL
	6:00 AM								
	6:30 AM			Code Fi					
	7:00 AM	Pick	leball	Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8::15 am	
	7:30 AM	7:15 - 8	3:30 am						
	8:00 AM		1						
	8:30 AM							Aqua Fit	
	9:00 AM		dy Fit 0:00 am					8:30 - 9:15 am	
	9:30 AM	3:12 - 1	0:00 am	TRX 9:30-10:15 am					Open Swim
	10:00 AM			9.50-10.15 dffl					9:30 -10:45 am
	10:30 AM				Yoga for Strength 10:30 - 11:30 am				
	11:00 AM				10.30 - 11.30 am			Open/Lane Swim	Splashers 11:00 - 12:00 pm
	11:30 AM		lk Fit 12:15 pm					9:30 - 12:45 pm	11.00 12.00 pm
	12:00 PM	11.50	12.10 pm	Cognitive Groove					Open Swim
	_			12:00 - 12:45 pm					12:00-12:45 pm
	12:30 PM								
	1:00 PM							Aquafit 1:00 - 1:45 pm	
	1:30 PM							·	
	2:00 PM							<b>New Class!</b> Hydrotherapy	
	2:30 PM	Divided C	Open Gym					2:00 - 2:45 pm	
	3:00 PM	(All A	Ages)					New Time!	New Time!
<b>:</b> .	3:30 PM	12:30 -	6:45 pm					Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm
	4:00 PM								
	4:30 PM								
	5:00 PM			Zumba Kids JR		Karate Fundame	ntals (Ages 6 - 12)		
	5:30 PM			(Ages 3-5) 5:15 - 6:00pm			5:45 pm		Swim Lessons
	6:00 PM			Zumba Kids				4:00 - 7:30 pm	4:00 - 7:30 pm
				(Ages 6-12) 6:15 - 7:00pm			ed (Ages 6 - 12) 6:45 pm		
	6:30 PM			6:15 - 7:00pm		0.00	0. 10 pm		
	7:00 PM	7.11	mba						
	7:30 PM		8:15pm						Open Swim
	8:00 PM							Lane Swim	7:45-9:00 pm
Г	8:30 PM							7:45-9:15 pm	
	9:00 PM								
		GYM Close	s at 9:15 pm					POOL Close	s at 9:15 pm
$\dashv$									
- 1					THECDA	V			

				TUESDA	ΑY			
	GYM182	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOI
6:00 AM								
6:30 AM							Lane Swim	
7:00 AM							6:00 - 8:15 am	
7:30 AM	Divided C	Divided Open Gym						
8:00 AM	(All A	Ages)						
8:30 AM	7:00 - 9	9:30 am					Aqua Fit	
9:00 AM			Cycle Fit				8:30 - 9:15 am	
9:30 AM			9:15- 10:00 am			nd Tone		
10:00 AM	Musi	cle Fit			9:30 -	10:15am		
10:30 AM		1:00 am	Zumba Toning 10:30 - 11:30 am				Open/Lane Swim	Open Swim
11:00 AM			10.50 - 11.50 airi				9:30 - 12:45 pm	9:30 -12:45pm
11:30 AM	Gen	itle Fit		Babies & Me				
12:00 PM		11:30 - 12:15 pm		11:30 -12:15 pm				
12:30 PM								
1:00 PM							Agua Fit	
1:30 PM	Pick	leball			Bala	nce +	1:00 - 1:45 pm	
2:00 PM	12:45 -	3:00 pm			1:00-2	1:00-2:00 pm		
2:30 PM							Open/Lane Swim	Open Swim
3:00 PM	Divided C	Open Gym					2:00 -3:45 pm	2:00 -3:45 pm
3:30 PM	(All A	Ages)						
4:00 PM	3:15 - 4	4:45 pm						
4:30 PM								
5:00 PM	Soccer	Soccer						
5:30 PM	(Ages 6 - 9)	(Ages 3-5)					Swim Lessons	Swim Lessons
6:00 PM	5:15 - 6:15 pm	5:15 -6:00 pm					4:00 - 7:30 pm	4:00 - 7:30 pm
6:30 PM		Ages 6-12) 7:30 pm	Boot Camp 6:00-6:45	<b>New Class!</b> ViPR 6:15 - 7:00 pm	Back to Living Well ( <b>*Fitness Floor)</b> 6:15 - 7:30 pm			
7:00 PM			TRX	Yoga				
7:30 PM 8:00 PM		Open Gym	7:00 - 7:45 pm	7:15- 8:00 pm			Master Swim 7:45-8:45 pm	Open Swim 7:45 -9:00 pn
	(All Ages)					Lano Swim		

GYM Closes at 9:15 pm

9:00 PM

8:45 pm - 9:15 pm

POOL Closes at 9:15 pm

	WEDNESDAY							FRIDAY								
	GYM1&2 GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am					Lane Swim / Community		6:00 AM	Strength and Co 6:10-6:55	onditioning Sam					Lane Swim / Community	
6:30 AM 7:00 AM						Rental 6:00 - 8:15 am		6:30 AM	0.10 0.55	, di l'i					Rental 6:00 - 8:15 am	
7:30 AM	Pickleball 7:15 - 8:30 am							7:00 AM 7:30 AM	Pickleball	Open Gym (All Ages)					0.00 0.13 um	
8:00 AM 8:30 AM						Aqua Fit		8:00 AM	7:15-8:30am	7:15 - 8:45 am						
9:00 AM 9:30 AM	HIIT 9:15 - 10:00 am					8:30 - 9:15 am		8:30 AM							Aqua Fit 8:30 - 9:15 am	
10:00 AM	3.10 10.00 um			CORE FIT 9	9:30 - 10:15 am			9:00 AM 9:30 AM	Body Fi 9:15-10:00				Y-		6.30 - 9.13 dH	
10:30 AM					oga (oga			10:00 AM			Zumba		9:30 - 10	ga 1:30 am		
11:00 AM				10:30-	- 11:30 am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12::45 pm	10:30 AM			10:15 - 11:15 am				Open/Lane Swim	Open Swim
11:30 AM 12:00 PM	Walk Fit 11:30 - 12:15 pm					3.30 IL. 10 pm	5.50 II 10 p.11	11:00 AM							9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm
12.00111	·	Cognitive Groove 12:00 pm - 12:45 pm			air Yoga - 12:45 pm			11:30 AM 12:00 PM	Walk Fit 11:30 - 12:1:							
12:30 PM 1:00 PM						Aquafit		12:30 PM					<b>New C</b> Chair			
1:30 PM	Divided Open Gym					1:00 - 1:45 pm		1:00 PM	5.44				12:30-1		Aqua Fit 1:00 - 1:45 pm	
2:00 PM	(All Ages) 12:30 - 4:30 pm					New Class! Hydrotherapy		1:30 PM 2:00 PM	Pickleba 12:45 - 3:00						1.00 1.45 pm	
2:30 PM 3:00 PM	·					2:00 - 2:45 pm <b>New Time!</b>	New Time!	2:30 PM							Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
3:30 PM						Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm	3:00 PM								
4:00 PM								3:30 PM 4:00 PM	Divided Oper	en Gym						
4:30 PM 5:00 PM	Karate Fundamentals (Ages 6 - 12)					-		4:30 PM	(All Ages 3:15-5:45							
5:30 PM	5:00 - 5:45 pm					Swim Lessons	Swim Lessons	5:00 PM							Specialized Swim Lessons	Specialized Swim Lessons
6:00 PM	Karate Fundamentals (Ages 6 - 12)					4:00 - 7:30 pm	4:00 - 7:30 pm	5:30 PM							(Private, Teen and Adult) 4:00 pm - 7:30 pm	(Private, Teen and Adult) 4:00 pm - 7:30 pm
6:30 PM	6:00 - 6:45 pm		Queenax - Fitness Floor* 6:15-7:00 pm					6:00 PM 6:30 PM	<b>New!</b> Youth Basketball Scrin	! mmage l eague						
7:00 PM	Karate Advanced (Ages 6 - 12)	Zumba	Yang/Yin Yoga					7:00 PM	(Ages 14-: 6:00 - 8:00	-18)						
7:30 PM 8:00 PM	7:00 - 7:45 pm	7:15- 8:15 pm	7:00-8:00 pm			Aqua Blast 7:45-8:30 pm	Open Swim 7:45 -9:00 pm	7:30 PM		<u> </u>						Open Swim
8:30 PM						Lane Swim	7.45 -9.00 pm	8:00 PM 8:30 PM	Divided Oper (All Ages						Lane Swim 7:45 - 9:15 pm	7:45 - 9:00 pm
9:00 PM						8:30 - 9:15 pm		9:00 PM	8:00 - 9:15	5 pm						
9:30 PM	GYM Closes at 9:15 pm					POOL Closes	s at 9:15 pm		GYM Closes at	t 9:15 pm			1	`	POOL Closes	s at 9:15 pm
			E (1 (DOD	AV				<u> </u>					17			
	GYM1&2 GYM3	STUDIO A	THURSD STUDIO B	DAY  MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL			GYM3	STUDIO A	SATURDA STUDIO B		MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B		LEISURE POOL	8:00 AM	GYM1&2 Divided Oper	en Gym	STUDIO A	SATURDA STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL
6:30 AM 7:00 AM	GYM182 GYM3	STUDIO A			MULTIPURPOSE B	LAP POOL  Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM	GYM 1 & 2 Divided Oper (All Age 8:00 - 8:45	en Gym es) 15 am	STUDIO A			MULTIPURPOSE B		LEISURE POOL
6:30 AM	Divided Open Gvm	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL		GYM1&2  Divided Ope (All Age 8:00 - 8:45  Volleyball Lvl 1 (Ages 6-9)	en Gym es) 15 am Sports Adventure (Ages 3-5)	Cycle Fit			MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM					MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL	8:30 AM 9:00 AM 9:30 AM	GYM 1 & 2  Divided Oper (All Ager 8:00 - 8:45  Volleyball Lvl 1	en Gym es) 15 am Sports Adventure	Cycle Fit 9:15 - 10:00 am			MULTIPURPOSE B	Lane Swim	LEISURE POOL
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	STUDIO A  Cycle Fit 9:15- 10:00 am	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am		8:30 AM 9:00 AM	GYM1 & 2  Divided Oper (All Age: 8:00 - 8:45  Volleyball Lv1 1  (Ages 6-9) 9:00 - 10:00 am	en Gym es) 15 am Sports Adventure (Ages 3-5)	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B	MULTI PURPOSE A		Lane Swim 8:00 -8:45 am	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided Open Gvm	Cycle Fit			MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30 -10:45 am	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM	GYM182  Divided Oper (All Ages 8:00 - 8:45  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	en Gym es) 15 am Sports Adventure (Ages 3-5)	Cycle Fit 9:15 - 10:00 am				Lane Swim	Swim Lessons 9:00 - 12:30 pm
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	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	Open Swim 9:30 -10:45 am Splashers	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM182  Divided Oper (All Ager 8:00 - 8:45  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am	en Gym es) 15 am Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A		Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
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	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning	Cycle Fit	Yoga 9:30 - 10:30 am		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim 9:30 -10:45 am Splashers 11:00 - 12:00 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM182  Divided Oper (All Age 8:00 - 8:45)  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am  Closed for Cl 11:15 am - 12:	en Gym es) 15 am Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A		Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
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	Divided Open Gym (All Ages) 7:00 - 9:30 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit	Cycle Fit	Yoga 9:30 - 10:30 am  New Class! Plilates Inferno		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -10:45 am Splashers	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM182  Divided Oper (All Ager 8:00 - 8:45  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am	en Gym es) 15 am Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A  Discove 10:15 - 11	ery Den 1:00 am	Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
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	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	Yoga 9:30 - 10:30 am  New Class! Plilates Inferno	MULTI PURPOSE A	ince +	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim 9:30 -10:45 am  Splashers 11:00 - 12:00 pm  Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	GYM182  Divided Oper (All Ages 8:00 - 8:45)  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am  Closed for Cl 11:15 am - 12  Birthday Party 12:00 - 1:00  Divided Oper	en Gym es) 15 am  Sports Adventure (Ages 3-5) 9:00 - 9:45 am  Cleaning 2:00 pm y1 Rental 00 pm	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A	ery Den 1:00 am	Lane Swim 8:00 - 8:45 am Swim Lessons 9:00 - 12:30 pm	Swim Lessons
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 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	Cycle Fit	Yoga 9:30 - 10:30 am  New Class! Plilates Inferno	MULTI PURPOSE A		Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30 -10:45 am Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	GYM1 & 2  Divided Oper (All Ages 8:00 - 8:45  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am  Closed for Cl 11:15 am - 12  Birthday Party 12:00 - 1:00	en Gym es) 15 am  Sports Adventure (Ages 3-5) 9:00 - 9:45 am  Cleaning 2:00 pm y1 Rental 00 pm	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A  Discove 10:15 - 11	ery Den 1:00 am	Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:00 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 12:45 - 3:00 pm	Cycle Fit	Yoga 9:30 - 10:30 am  New Class! Plilates Inferno	MULTI PURPOSE A	ince +	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -10:45 am  Splashers 11:00 - 12:00 pm  Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	GYM182  Divided Oper (All Ages 8:00 - 8:45)  Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am  Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am  Closed for Cl 11:15 am - 12  Birthday Party 12:00 - 1:00  Divided Oper	en Gym es) 15 am  Sports Adventure (Ages 3-5) 9:00 - 9:45 am  Cleaning 2:00 pm y1 Rental 00 pm	Cycle Fit 9:15 - 10:00 am <b>New Class!</b> ViPR	STUDIO B  Yin Yoqa	MULTI PURPOSE A  Discove 10:15 - 11	ery Den 1:00 am	Lane Swim 8:00 - 8:45 am Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm Open Swim 12:45 - 5:00 Birthday Parties
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