




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

| WINTER SESSION - Swim and Child and Youth Land Programs |  |   |
|---|--|---|
| Session   | Start to End   | Registration Opens  |
| Winter<br>11 Week                                       | January 5 to March 29<br>*Programs will not run during the week of March Break | December 15, 2025 (for Child and Youth More members)<br>December 22, 2025 (for Child and Youth Core members)<br>December 29, 2025 for Child and Youth Land programs for non-members |
| Session   | Start to End   | Registration Opens  |
| Spring<br>11 Week                                       | April 6 to June 21   | March 23, 2026 (for Child and Youth More members)<br>March 30, 2026 (for Child and Youth Core members)<br>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**  
 **flamborough.membership@ymcahbb.ca**  
 **905-690-3555**

-  Registered Programs
-  Registered Child and Youth Programs
-  Drop In Recreational Programs
-  Drop In Group Fitness
-  Open Swims (Lap or Leisure)

| MONDAY   |   |       |  |  |   |   |  |  |
|----------|---|-------|--|--|---|---|--|--|
|          | GYM 1 & 2   | GYM 3 | STUDIO A                                   | STUDIO B                                     | MULTIPURPOSE A                                  | MULTIPURPOSE B                                      | LAP POOL                                     | LEISURE POOL                             |
| 6:00 AM  |   |       |  |  |   |   | Lane Swim<br>6:00 - 8:15 am                  |  |
| 6:30 AM  |   |       |  |  |   |   |  |  |
| 7:00 AM  | Pickleball<br>7:15 - 8:30 am                      |       | Cycle Fit<br>6:30-7:15 am                  |  |   |   |  |  |
| 7:30 AM  |   |       |  |  |   |   |  |  |
| 8:00 AM  |   |       |  |  |   |   |  |  |
| 8:30 AM  |   |       |  |  |   |   |  |  |
| 9:00 AM  | Body Fit<br>9:15 - 10:00 am                       |       |  |  |   |   | Aqua Fit<br>8:30 - 9:15 am                   |  |
| 9:30 AM  |   |       | TRX<br>9:30-10:15 am                       |  |   |   | Open/Lane Swim<br>9:30 - 12:45 pm            | Open Swim<br>9:30 -10:45 am              |
| 10:00 AM |   |       |  |  |   |   |  |  |
| 10:30 AM |   |       |  | Yoga for Strength<br>10:30 - 11:30 am        |   |   |  | Splashers<br>11:00 - 12:00 pm            |
| 11:00 AM |   |       |  |  |   |   |  |  |
| 11:30 AM | Walk Fit<br>11:30 - 12:15 pm                      |       |  |  |   |   |  |  |
| 12:00 PM |   |       | Cognitive Groove<br>12:00 - 12:45 pm       |  |   |   |  | Open Swim<br>12:00-12:45 pm              |
| 12:30 PM | Divided Open Gym<br>(All Ages)<br>12:30 - 6:45 pm |       |  |  |   |   |  |  |
| 1:00 PM  |   |       |  |  |   |   | Aquafit<br>1:00 - 1:45 pm                    |  |
| 1:30 PM  |   |       |  |  |   |   |  |  |
| 2:00 PM  |   |       |  |  |   |   | New Class!<br>Hydrotherapy<br>2:00 - 2:45 pm |  |
| 2:30 PM  |   |       |  |  |   |   |  |  |
| 3:00 PM  |   |       |  |  |   |   | New Time!<br>Open/Lane Swim<br>2:45 - 3:45pm | New Time!<br>Open Swim<br>2:45 - 3:45 pm |
| 3:30 PM  |   |       |  |  |   |   |  |  |
| 4:00 PM  |   |       |  |  |   |   |  |  |
| 4:30 PM  |   |       |  |  |   |   |  |  |
| 5:00 PM  |   |       |  | Zumba Kids JR<br>(Ages 3-5)<br>5:15 - 6:00pm |   | Karate Fundamentals (Ages 6 - 12)<br>5:00 - 5:45 pm |  | Swim Lessons<br>4:00 - 7:30 pm           |
| 5:30 PM  |   |       |  |  |   |   |  |  |
| 6:00 PM  |   |       | Zumba Kids<br>(Ages 6-12)<br>6:15 - 7:00pm |  | Karate Advanced (Ages 6 - 12)<br>6:00 - 6:45 pm |   |  |  |
| 6:30 PM  |   |       |  |  |   |   |  |  |
| 7:00 PM  | Zumba<br>7:15 - 8:15pm                            |       |  |  |   |   |  |  |
| 7:30 PM  |   |       |  |  |   |   |  |  |
| 8:00 PM  |   |       |  |  |   |   |  |  |
| 8:30 PM  |   |       |  |  |   |   |  |  |
| 9:00 PM  |   |       |  |  |   |   | Lane Swim<br>7:45-9:15 pm                    | Open Swim<br>7:45-9:00 pm                |
|          | GYM Closes at 9:15 pm                             |       |  |  |   |   | POOL Closes at 9:15 pm                       |  |

| TUESDAY  |  |                                       |                                  |   |   |                                  |                                   |                                |
|----------|--|---------------------------------------|----------------------------------|---|---|----------------------------------|-----------------------------------|--------------------------------|
|          | 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       |                                |
| 6:30 AM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 7:00 AM  | Divided Open Gym<br>(All Ages)<br>7:00 - 9:30 am |                                       |                                  |   |   |                                  |                                   |                                |
| 7:30 AM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 8:00 AM  |  |                                       |                                  |   |   |                                  | Aqua Fit<br>8:30 - 9:15 am        |                                |
| 8:30 AM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 9:00 AM  |  |                                       | Cycle Fit<br>9:15- 10:00 am      |   |   | Barre and Tone<br>9:30 - 10:15am | Open/Lane Swim<br>9:30 - 12:45 pm | Open Swim<br>9:30 -12:45pm     |
| 9:30 AM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 10:00 AM | Muscle Fit<br>10:15-11:00 am                     |                                       |                                  |   |   |                                  |                                   |                                |
| 10:30 AM |  |                                       | Zumba Toning<br>10:30 - 11:30 am |   |   |                                  |                                   |                                |
| 11:00 AM |  |                                       |                                  |   |   |                                  |                                   |                                |
| 11:30 AM | Gentle Fit<br>11:30 - 12:15 pm                   |                                       |                                  | Babies & Me<br>11:30 -12:15 pm              |   |                                  |                                   |                                |
| 12:00 PM |  |                                       |                                  |   |   |                                  |                                   |                                |
| 12:30 PM | Pickleball<br>12:45 - 3:00 pm                    |                                       |                                  |   |   |                                  | Aqua Fit<br>1:00 - 1:45 pm        |                                |
| 1:00 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 1:30 PM  |  |                                       |                                  |   | Balance +<br>1:00-2:00 pm                                 |                                  |                                   |                                |
| 2:00 PM  |  |                                       |                                  |   |   |                                  | Open/Lane Swim<br>2:00 -3:45 pm   | Open Swim<br>2:00 -3:45 pm     |
| 2:30 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 3:00 PM  | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm |                                       |                                  |   |   |                                  | Swim Lessons<br>4:00 - 7:30 pm    | Swim Lessons<br>4:00 - 7:30 pm |
| 3:30 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 4:00 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 4:30 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 5:00 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 5:30 PM  | Soccer<br>(Ages 6 - 9)<br>5:15 - 6:15 pm         | Soccer<br>(Ages 3-5)<br>5:15 -6:00 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           | <b>New Class!</b><br>ViPR<br>6:15 - 7:00 pm | Back to Living Well<br>(*Fitness Floor)<br>6:15 - 7:30 pm |                                  | Swim Lessons<br>4:00 - 7:30 pm    | Swim Lessons<br>4:00 - 7:30 pm |
| 7:00 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 7:30 PM  | Divided Open Gym<br>(All Ages)<br>7:45-9:00 pm   |                                       | TRX<br>7:00 - 7:45 pm            | Yoga<br>7:15- 8:00 pm                       |   |                                  |                                   |                                |
| 8:00 PM  |  |                                       |                                  |   |   |                                  |                                   |                                |
| 8:30 PM  |  |                                       |                                  |   |   |                                  | Lane Swim<br>8:45 pm - 9:15 pm    |                                |
| 9:00 PM  | GYM Closes at 9:15 pm                            |                                       |                                  |   |   |                                  | POOL Closes at 9:15 pm            |                                |

