

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 (All Ages)						Lane Swim 8:00 - 8:45 am	
8:30 AM	8:00 - 8:45 am		New Time! Cycle Fit 9:00- 10:00 am					
9:00 AM	Strength & Conditioning 9:15 - 10:00 am							
9:30 AM								
10:00 AM								
10:30 AM			TRX 10:15 - 11:00 am					
11:00 AM								
11:30 AM	Family Pickleball 10:30 - 12:00 pm							
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Divided Open Gym (All Ages)						Open/Lane Swim 12:45p - 2:15 pm	
2:30 PM	12:15 - 3:45pm							
3:00 PM								
3:30 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 11 Week	January 5 to March 29 *Programs will not run during the week of March Break	December 15, 2025 (for Child and Youth More members) December 22, 2025 (for Child and Youth Core members) 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

✉ flamborough.membership@ymcahbb.ca

 905-690-3555

Registered Programs

Registered Child and Youth Programs

Drop in Recreational Programs

Wednesday									Friday																							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM 1 & 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	Pickleball 7:15 - 8:30 am	HIIT 9:15 - 10:00 am	Divided Open Gym (All Ages) 12:30 - 4:30 pm	CORE FIT 9:30 - 10:15 am	Yoga 10:30 - 11:30 am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45 pm		Strength and Conditioning 6:10-6:55 am	Pickleball 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 am	Body Fit 9:15-10:00 am	Zumba 10:15 - 11:15 am	Yoga 9:30 - 10:30 am	Lane Swim / Community Rental 6:00 - 8:15 am	Aqua Fit 8:30 - 9:15 am	Open Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45 pm													
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11:30 AM	Walk Fit 11:30 - 12:15 pm	Divided Open Gym (All Ages) 12:30 - 4:30 pm	Chair Yoga 12:00 - 12:45 pm	AquaFit 1:00 - 1:45 pm	New Class! Hydrotherapy 2:00 - 2:45 pm	New Time! Open/Lane Swim 2:45 - 3:45 pm	New Time! Open Swim 2:45 - 3:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm		Pickleball 12:45 - 3:00pm	Divided Open Gym (All Ages) 3:15-5:45 pm	New! Youth Basketball Scrimmage League (Ages 14-18) 6:00 - 8:00 pm	New Class! Chair Yoga 12:30 - 1:15 pm	Aqua Fit 1:00 - 1:45 pm	Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm	Open Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45 pm													
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5:00 PM	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm	Queenax - Fitness Floor* 6:15-7:00 pm	Yang/Yin Yoga 7:00-8:00 pm	Aqua Blast 7:45-8:30 pm	Lane Swim 8:30 - 9:15 pm	Splashes 11:00 - 12:00 pm	Open Swim 12:00-12:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm		GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm	GYM Closes at 9:15 pm														
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