

| 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) 8:00 - 8:45 am | | New Time! Cycle Fit 9:00- 10:00 am | | | | Lane Swim 8:00 - 8:45 am | |
| 8:30 AM | | | | | | | | |
| 9:00 AM | Strength & Conditioning 9:15 - 10:00 am | | | | | | Swim Lessons 9:00 - 12:30 pm | Swim Lessons 9:00 - 12:30 pm |
| 9:30 AM | | | | | | | | |
| 10:00 AM | | | TRX 10:15 - 11:00 am | | | | | |
| 10:30 AM | Family Pickleball 10:30 - 12:00 pm | | | | | | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | | | | | | | | |
| 12:00 PM | Divided Open Gym (All Ages) 12:15 - 3:45pm | | | | | | | |
| 12:30 PM | | | | | | | Open/Lane Swim 12:45p - 2:15 pm | Open Swim 12:45p - 3:45 pm |
| 1:00 PM | | | | | | | | |
| 1:30 PM | | | | | | | | |
| 2:00 PM | | | | | | | | |
| 2:30 PM | | | | | | | | |
| 3:00 PM | | | | | | | | |
| 3:30 PM | | | | | | Open Swim 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 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
 Drop In Group Fitness
 Registered Child and Youth Programs
 Open Swims (Lap or Leisure)
 Drop in Recreational Programs

| MONDAY | | | | | | | | | |
|----------|---|-------|---------------------------|---------------------------------------|--|----------------|---|--|---|
| | GYM 1 & 2 | GYM 3 | STUDIO A | STUDIO B | MULTIPURPOSE A | MULITPURPOSE B | LAP POOL | LEISURE POOL | |
| 6:00 AM | | | | | | | Lane Swim 6:00 - 8:15 am | | |
| 6:30 AM | | | Cycle Fit 6:30-7:15 am | | | | | | |
| 7:00 AM | Pickleball 7:15 - 8:30 am | | | | | | | | |
| 7:30 AM | | | | | | | | | |
| 8:00 AM | | | | | | | | | |
| 8:30 AM | | | | | | | Aqua Fit 8:30 - 9:15 am | | |
| 9:00 AM | Body Fit 9:15 - 10:00 am | | | | | | Open/Lane Swim 9:30 - 12:45 pm | Open Swim 9:30 - 10:45 am | |
| 9:30 AM | | | TRX 9:30-10:15 am | | | | | | |
| 10:00 AM | | | | | | | | | Splashers 11:00 - 12:00 pm |
| 10:30 AM | | | | Yoga for Strength 10:30 - 11:30 am | | | | | Open Swim 12:00-12:45 pm |
| 11:00 AM | | | | | | | | | |
| 11:30 AM | Walk Fit 11:30 - 12:15 pm | | | | | | | | |
| 12:00 PM | | | | | | | | | |
| 12:30 PM | Divided Open Gym (All Ages) 12:30 - 6:45 pm | | | | | | AquaFit 1:00 - 1:45 pm | | |
| 1:00 PM | | | | | | | | | |
| 1:30 PM | | | | | | | | | |
| 2:00 PM | | | | | | | | New Class! Hydrotherapy 2:00 - 2:45 pm | |
| 2:30 PM | | | | | | | | | |
| 3:00 PM | | | | | | | | New Time! Open/Lane Swim 2:45 - 3:45pm | New Time! Open Swim 2:45 -3:45 pm |
| 3:30 PM | | | | | | | | | |
| 4:00 PM | | | | | | | | | |
| 4:30 PM | | | | | | | | | |
| 5:00 PM | | | | | Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm | | Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm | Swim Lessons 4:00 - 7:30 pm | Swim Lessons 4:00 - 7:30 pm |
| 5:30 PM | | | | | Zumba Kids (Ages 6-12) 6:15 - 7:00pm | | Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm | | |
| 6:00 PM | | | | | | | | | |
| 6:30 PM | | | | | | | | | |
| 7:00 PM | Zumba 7:15 - 8:15pm | | | | | | | | |
| 7:30 PM | | | | | | | | | |
| 8:00 PM | | | | | | | Lane Swim 7:45-9:15 pm | Open Swim 7:45-9:00 pm | |
| 8:30 PM | | | | | | | | | |
| 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 6:00 - 8:15 am | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | Divided Open Gym (All Ages) 7:00 - 9:30 am | | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | | | |
| 8:30 AM | | | | | | | | |
| 9:00 AM | | | Cycle Fit 9:15- 10:00 am | | | | Aqua Fit 8:30 - 9:15 am | |
| 9:30 AM | | | | | Barre and Tone 9:30 - 10:15am | | Open/Lane Swim 9:30 - 12:45 pm | Open Swim 9:30 -12:45pm |
| 10:00 AM | Muscle Fit 10:15-11:00 am | | | | | | | |
| 10:30 AM | | | Zumba Toning 10:30 - 11:30 am | | | | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | Gentle Fit 11:30 - 12:15 pm | | | Babies & Me 11:30 -12:15 pm | | | | |
| 12:00 PM | | | | | | | | |
| 12:30 PM | Pickleball 12:45 - 3:00 pm | | | | | | Aqua Fit 1:00 - 1:45 pm | |
| 1:00 PM | | | | | | | | |
| 1:30 PM | | | | | Balance + 1:00-2:00 pm | | | |
| 2:00 PM | | | | | | | | |
| 2:30 PM | | | | | | | Open/Lane Swim 2:00 -3:45 pm | Open Swim 2:00 -3:45 pm |
| 3:00 PM | Divided Open Gym (All Ages) 3:15 - 4:45 pm | | | | | | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | Swim Lessons 4:00 - 7:30 pm | Swim Lessons 4:00 - 7:30 pm |
| 5:00 PM | Soccer (Ages 6 - 9) 5:15 - 6:15 pm | Soccer (Ages 3-5) 5:15 -6:00 pm | | | | | | |
| 5:30 PM | | | | | | | | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | Y-Climb (Ages 6-12) 6:30 - 7:30 pm | | Boot Camp 6:00-6:45 | New Class! ViPR 6:15 - 7:00 pm | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | Divided Open Gym (All Ages) 7:45-9:00 pm | | TRX 7:00 - 7:45 pm | Yoga 7:15- 8:15 pm | | | Master Swim 7:45-8:45 pm | Open Swim 7:45 -9:00 pm |
| 8:00 PM | | | | | | | | |
| 8:30 PM | | | | | | | Lane Swim 8:45 pm - 9:15 pm | |
| 9:00 PM | GYM Closes at 9:15 pm | | | | | | POOL Closes at 9:15 pm | |

| WEDNESDAY | | | | | | | | |
|-----------|---|------------------------------|----------|--|--------------------------------|----------------|---|---|
| | 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 | | | | | | Lane Swim / Community Rental 6:00 - 8:15 am | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | | Pickleball 7:15 - 8:30 am | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | | | |
| 8:30 AM | | | | | | | Aqua Fit 8:30 - 9:15 am | |
| 9:00 AM | H I I T 9:15 - 10:00 am | | | | CORE FIT 9:30 - 10:15 am | | Open/Lane Swim 9:30 - 12:45 pm | Open Swim 9:30 -12:45 pm |
| 9:30 AM | | | | | | | | |
| 10:00 AM | | | | | | | | |
| 10:30 AM | | | | Yoga 10:30- 11:30 am | | | | |
| 11:00 AM | Walk Fit 11:30 - 12:15 pm | | | | Chair Yoga 12:00 - 12:45 pm | | | |
| 11:30 AM | | | | | | | | |
| 12:00 PM | | | | | | | | |
| 12:30 PM | Divided Open Gym (All Ages) 12:30 - 4:30 pm | | | | | | AquaFit 1:00 - 1:45 pm | |
| 1:00 PM | | | | | | | | |
| 1:30 PM | | | | | | | | |
| 2:00 PM | | | | | | | New Class! Hydrotherapy 2:00 - 2:45 pm | |
| 2:30 PM | | | | | | | | |
| 3:00 PM | | | | | | | New Time! Open/Lane Swim 2:45 - 3:45pm | New Time! Open Swim 2:45 -3:45 pm |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | Swim Lessons 4:00 - 7:30 pm | Swim Lessons 4:00 - 7:30 pm |
| 5:00 PM | Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm | | | | | | | |
| 5:30 PM | | | | | | | | |
| 6:00 PM | Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm | | | | | | | |
| 6:30 PM | | | | Queenax - Fitness Floor* 6:15-7:00 pm | | | | |
| 7:00 PM | Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm | | | Yang/Yin Yoga 7:00-8:00 pm | | | | |
| 7:30 PM | | | | | | | Aqua Blast 7:45-8:30 pm | Open Swim 7:45 -9:00 pm |
| 8:00 PM | | | | | | | | |
| 8:30 PM | | | | | | | Lane Swim 8:30 - 9:15 pm | |
| 9:00 PM | | | | | | | | |
| 9:30 PM | GYM Closes at 9:15 pm | | | | | | POOL Closes at 9:15 pm | |

| THURSDAY | | | | | | | | |
|----------|--|--|------------------------------------|---|-----------------|---------------------------|-----------------------------------|--------------------------------|
| | GYM 1 & 2 | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL | LEISURE POOL |
| 6:00 AM | | | | | | | Lane Swim 6:00 - 8:15 am | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | Divided Open Gym (All Ages) 7:00 - 9:30 am | | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | | | |
| 8:30 AM | | | | | | | | |
| 9:00 AM | | | Cycle Fit 9:15- 10:00 am | | | | Aqua Fit 8:30 - 9:15 am | |
| 9:30 AM | | | | Yoga 9:30 - 10:30 am | | | Open/Lane Swim 9:30 - 12:45 pm | Open Swim 9:30 -10:45 am |
| 10:00 AM | Strength & Conditioning 10:15 - 11:00 am | | | | | | | |
| 10:30 AM | | | | New Class! Pilates Inferno 11:00 - 12:00 pm | | | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | Gentle Fit 11:30 - 12:15 pm | | | | | | Open Swim 12:00-12:45 pm | |
| 12:00 PM | | | | | | | | |
| 12:30 PM | Pickleball 12:45 - 3:00 pm | | | | | | | |
| 1:00 PM | | | | | | | Aqua Fit 1:00 - 1:45 pm | |
| 1:30 PM | | | | | | Balance + 1:00-2:00 pm | | |
| 2:00 PM | | | | | | | | |
| 2:30 PM | | | | | | | Open/Lane Swim 2:00 - 3:45 pm | Open Swim 2:00 - 3:45 pm |
| 3:00 PM | Divided Open Gym (All Ages) 3:15- 4:45 pm | | | | | | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | Swim Lessons 4:00 - 7:30 pm | Swim Lessons 4:00 - 7:30 pm |
| 5:00 PM | Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm | Basketball Lvl 1 (Ages 3-5) 5:15 pm - 6:00 pm | | | | | | |
| 5:30 PM | | | | | | | | |
| 6:00 PM | | | Cycle & Strength 6:00 - 7:00 pm | | | | | |
| 6:30 PM | Basketball Lvl 2 (Ages 10-12) 6:30 - 7:30 pm | | | | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | | | | | | Master Swim 7:45-8:45 pm | Open Swim 7:45 -9:00 pm |
| 8:00 PM | | | | | | | | |
| 8:30 PM | | | | | | | Lane Swim 8:45 pm - 9:15 pm | |
| 9:00 PM | | | | | | | | |
| | GYM Closes at 9:15 pm | | | | | | POOL Closes at 9:15 pm | |

| FRIDAY | | | | | | | | | |
|----------|---|--|---------------------------|----------|---|----------------------------|---|---|--|
| | 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 | | | | | | Lane Swim / Community Rental 6:00 - 8:15 am | | |
| 6:30 AM | | | | | | | | | |
| 7:00 AM | Pickleball 7:15-8:30am | Open Gym (All Ages) 7:15 - 8:45 am | | | | | | | |
| 7:30 AM | | | | | | | | | |
| 8:00 AM | | | | | | | | | |
| 8:30 AM | | | | | | | Aqua Fit 8:30 - 9:15 am | | |
| 9:00 AM | Body Fit 9:15-10:00 am | | | | | | | | |
| 9:30 AM | | | | | Yoga 9:30 - 10:30 am | | | | |
| 10:00 AM | | | Zumba 10:15 - 11:15 am | | | | Open/Lane Swim 9:30 - 12:45 pm | Open Swim 9:30 -12:45 pm | |
| 10:30 AM | | | | | | | | | |
| 11:00 AM | | | | | | | | | |
| 11:30 AM | Walk Fit 11:30 - 12:15 pm | | | | | | | | |
| 12:00 PM | | | | | | | | | |
| 12:30 PM | Pickleball 12:45 - 3:00pm | | | | New Class! Chair Yoga 12:30 - 1:15 pm | | | | |
| 1:00 PM | | | | | | Aqua Fit 1:00 - 1:45 pm | | | |
| 1:30 PM | | | | | | | | | |
| 2:00 PM | | | | | | | | | |
| 2:30 PM | | | | | | | | | |
| 3:00 PM | | | | | | | Open/Lane Swim 2:00 - 3:45 pm | Open Swim 2:00 - 3:45 pm | |
| 3:30 PM | Divided Open Gym (All Ages) 3:15-5:45 pm | | | | | | | | |
| 4:00 PM | | | | | | | | | |
| 4:30 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | |
| 5:30 PM | | | | | | | | | |
| 6:00 PM | New! Youth Basketball Scrimmage League (Ages 14-18) 6:00 - 8:00 pm | | | | | | Specialized Swim Lessons (Private, Teen and Adultt) 4:00 pm - 7:30 pm | Specialized Swim Lessons (Private, Teen and Adultt) 4:00 pm - 7:30 pm | |
| 6:30 PM | | | | | | | | | |
| 7:00 PM | | | | | | | | | |
| 7:30 PM | | | | | | | | | |
| 8:00 PM | Divided Open Gym (All Ages) 8:00 - 9:15 pm | | | | | | Lane Swim 7:45 - 9:15 pm | Open Swim 7:45 - 9:00 pm | |
| 8:30 PM | | | | | | | | | |
| 9:00 PM | | | | | | | | | |
| | GYM Closes at 9:15 pm | | | | | | POOL Closes at 9:15 pm | | |

| SATURDAY | | | | | | | | | |
|----------|---|--|--|------------------------------|---|----------------|---------------------------------|--|--|
| | 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) 8:00 - 8:45 am | | | | | | Lane Swim 8:00 -8:45 am | | |
| 8:30 AM | | | | | | | | | |
| 9:00 AM | Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am | Sports Adventure (Ages 3-5) 9:00 - 9:45 am | Cycle Fit 9:15 - 10:00 am | | | | Swim Lessons 9:00 - 12:30 pm | Swim Lessons 9:00 - 12:30 pm | |
| 9:30 AM | | | | | | | | | |
| 10:00 AM | Volleyball Lvl 2 (Ages 10-12) 10:15 -11:15 am | | New Class! VIPR 10:15 - 11:00 am | Yin Yoga 10:15 - 11:15 am | Discovery Den 10:15 - 11:00 am | | | | |
| 10:30 AM | | | | | | | | | |
| 11:00 AM | | | | | | | | | |
| 11:30 AM | Closed for Cleaning 11:15 am - 12:00 pm | | | | | | | | |
| 12:00 PM | Birthday Party 1 Rental 12:00 - 1:00 pm | | | | Birthday Party 1 Rental 12:00 -2:00 pm | | Open Swim 12:45 -2:45 pm | Open Swim 12:45 - 5:00 Birthday Parties 3:00- 4:00 pm | |
| 12:30 PM | | | | | | | | | |
| 1:00 PM | | | | | | | | | |
| 1:30 PM | Divided Open Gym (All Ages) 1:15-2:30 pm | | | | | | | | |
| 2:00 PM | | | | | | | | | |
| 2:30 PM | | | | | | | | | |
| 3:00 PM | Birthday Party 2 Rental 3:00 - 4:00 pm | | | | Birthday Party 2 Rental 3:00-5:00 pm | | Open/Lane Swim 2:45-5:15 pm | | |
| 3:30 PM | | | | | | | | | |
| 4:00 PM | | | | | | | | | |
| 4:30 PM | Divided Open Gym (All Ages) 4:15- 5:15 pm | | | | | | | | |
| 5:00 PM | | | | | | | | | |
| | GYM Closes at 5:15 pm | | | | | | POOL Closes at 5:15 pm | | |

FACILITY HOURS

Monday - Friday: 6:00 am - 9:30 pm

Saturday: 8:00 am - 5:30 pm

Sunday: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)

Sauna & Whirlpool are closed during Swim Lessons.

Pool closes 15 minutes before facility closure.