



Hamilton  
Burlington  
Brantford

# Schedule at a Glance - Flamborough Family YMCA

## December 22, 2025 to January 4, 2026

| MONDAY DECEMBER 22, 2025    Hours 6:00 am - 9:30 pm |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
|-----------------------------------------------------|--------------------------------------------------|-------|-----------------------------|---------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------|------------------------------|
|                                                     | GYM 1 & 2                                        | GYM 3 | STUDIO A                    | STUDIO B                              | MULTIPURPOSE A                                               | MULTIPURPOSE B                                            | LAP POOL                          | LEISURE POOL                 |
| 6:00 AM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 6:30 AM                                             |                                                  |       | Cycle Fit<br>6:30 - 7:15 am |                                       |                                                              |                                                           | Lane Swim<br>6:00 - 8:15am        |                              |
| 7:00 AM                                             | Pickleball<br>7:15 - 8:30 am                     |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 7:30 AM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 8:00 AM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 8:30 AM                                             |                                                  |       |                             |                                       |                                                              |                                                           | AquaFit<br>8:30 - 9:15 am         |                              |
| 9:00 AM                                             | Boday Fit<br>9:15 - 10:00 am                     |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 9:30 AM                                             | Holiday Half-Day Program<br>10:15 - 11:15 am     |       | TRX<br>9:30-10:15 am        |                                       | Holiday Half-Day Program<br>(Ages 7 - 12)<br>9:00 - 12:00 pm | Holiday Half-Day Program<br>(Ages 4-6)<br>9:00 - 12:00 pm |                                   |                              |
| 10:00 AM                                            |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 10:30 AM                                            |                                                  |       |                             | Yoga for Strength<br>10:30 - 11:30 am |                                                              |                                                           |                                   |                              |
| 11:00 AM                                            |                                                  |       |                             |                                       |                                                              |                                                           | Lane/Open Swim<br>9:30 - 12:45 pm | Open Swim<br>9:00 - 12:45 pm |
| 11:30 AM                                            | Walk Fit<br>11:30 - 12:15 pm                     |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 12:00 PM                                            |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 12:30 PM                                            |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 1:00 PM                                             | Divided Open Gym<br>(All Ages)<br>12:30 - 6:45pm |       |                             |                                       |                                                              |                                                           | AquaFit<br>1:00 - 1:45 pm         |                              |
| 1:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 2:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           | Hydrotherapy<br>2:00 - 2:45 pm    |                              |
| 2:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 3:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 3:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 4:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 4:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 5:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 5:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 6:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 6:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 7:00 PM                                             | Zumba<br>7:15 - 8:15 pm                          |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 7:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 8:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 8:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
| 9:00 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           | Lane Swim<br>7:45 - 9:15 pm       |                              |
| 9:30 PM                                             |                                                  |       |                             |                                       |                                                              |                                                           |                                   |                              |
|                                                     | Gym Closes at 9:15 pm                            |       |                             |                                       |                                                              |                                                           | Pool Closes at 9:15 pm            |                              |

| FRIDAY DECEMBER 26, 2025    Hours 8:00 am -4:00 pm |                                                       |            |          |          |                 |                 |                        |              |
|----------------------------------------------------|-------------------------------------------------------|------------|----------|----------|-----------------|-----------------|------------------------|--------------|
|                                                    | SINGLE GYM                                            | DOUBLE GYM | STUDIO A | STUDIO B | MULTI-PURPOSE A | MULTI-PURPOSE B | LAP POOL               | LEISURE POOL |
| 8:00 AM                                            | Divided Open Gym<br>(All Ages)<br>8:00-9:00 am        |            |          |          |                 |                 |                        |              |
| 8:30 AM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 9:00 AM                                            | Sleigh the Workout!<br>Holiday Class<br>9:15-10:00 am |            |          |          |                 |                 |                        |              |
| 9:30 AM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 10:00 AM                                           |                                                       |            |          |          |                 |                 |                        |              |
| 10:30 AM                                           | Divided Open Gym<br>(All Ages)<br>10:30 - 3:30 pm     |            |          |          |                 |                 |                        |              |
| 11:00 AM                                           |                                                       |            |          |          |                 |                 |                        |              |
| 11:30 AM                                           |                                                       |            |          |          |                 |                 |                        |              |
| 12:00 PM                                           |                                                       |            |          |          |                 |                 |                        |              |
| 12:30 PM                                           |                                                       |            |          |          |                 |                 |                        |              |
| 1:00 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 1:30 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 2:00 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 2:30 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 3:00 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 3:30 PM                                            |                                                       |            |          |          |                 |                 |                        |              |
| 4:00 PM                                            | Gym Closes at 3:45 pm                                 |            |          |          |                 |                 | Pool Closes at 3:45 pm |              |

| TUESDAY DECEMBER 23, 2025    Hours: 6:00 am - 9:30 pm |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
|-------------------------------------------------------|--------------------------------------------------|-------|----------------------------------|------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------|------------------------------|
|                                                       | GYM 1 & 2                                        | GYM 3 | STUDIO A                         | STUDIO B                           | MULTIPURPOSE A                                               | MULTIPURPOSE B                                            | LAP POOL                          | LEISURE POOL                 |
| 6:00 AM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 6:30 AM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 7:00 AM                                               | Divided Open Gym<br>(All Ages)<br>7:00 - 8:45 am |       |                                  |                                    |                                                              |                                                           | Lane Swim<br>6:00 - 8:15am        |                              |
| 7:30 AM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 8:00 AM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 8:30 AM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 9:00 AM                                               | Holiday Half-Day Program<br>9:00 - 10:00 am      |       | Cycle Fit<br>9:15 - 10:00 am     |                                    |                                                              |                                                           | AquaFit<br>8:30 - 9:15 am         |                              |
| 9:30 AM                                               |                                                  |       |                                  | Barre and Tonne<br>9:30 - 10:15 am | Holiday Half-Day Program<br>(Ages 7 - 12)<br>9:00 - 12:00 pm | Holiday Half-Day Program<br>(Ages 4-6)<br>9:00 - 12:00 pm |                                   |                              |
| 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                                              |                                                  |       |                                  |                                    |                                                              |                                                           | Lane/Open Swim<br>9:30 - 12:45 pm | Open Swim<br>9:00 - 12:45 pm |
| 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                     |       |                                  |                                    |                                                              |                                                           | AquaFit<br>1:00 - 1:45 pm         |                              |
| 1:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 1:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 2:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 2:30 PM                                               | Divided Open Gym<br>(All Ages)<br>3:15 - 9:15 pm |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 3:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 3:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 4:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 4:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 5:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 5:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 6:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 6:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 7:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 7:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 8:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 8:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 9:00 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
| 9:30 PM                                               |                                                  |       |                                  |                                    |                                                              |                                                           |                                   |                              |
|                                                       | Gym Closes at 9:15 pm                            |       |                                  |                                    |                                                              |                                                           | Pool Closes at 9:15 pm            |                              |

| SATURDAY DECEMBER 27, 2025    Hours 8:00 am - 5:30 pm |                                                  |       |                              |                              |                |                |                             |              |
|-------------------------------------------------------|--------------------------------------------------|-------|------------------------------|------------------------------|----------------|----------------|-----------------------------|--------------|
|                                                       | GYM 1 & 2                                        | GYM 3 | STUDIO A                     | STUDIO B                     | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL                    | LEISURE POOL |
| 8:00 AM                                               | Divided Open Gym<br>(All Ages)<br>8:00 - 5:00 pm |       |                              |                              |                |                | Lane Swim<br>8:00 - 8:45 am |              |
| 8:30 AM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 9:00 AM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 9:30 AM                                               |                                                  |       | Cycle Fit<br>9:15 - 10:00 am |                              |                |                |                             |              |
| 10:00 AM                                              |                                                  |       |                              |                              |                |                |                             |              |
| 10:30 AM                                              |                                                  |       |                              | Yin Yoga<br>10:15 - 11:15 am |                |                |                             |              |
| 11:00 AM                                              |                                                  |       |                              |                              |                |                |                             |              |
| 11:30 AM                                              |                                                  |       |                              |                              |                |                |                             |              |
| 12:00 PM                                              |                                                  |       |                              |                              |                |                |                             |              |
| 12:30 PM                                              |                                                  |       |                              |                              |                |                |                             |              |
| 1:00 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 1:30 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 2:00 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 2:30 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 3:00 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 3:30 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 4:00 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 4:30 PM                                               |                                                  |       |                              |                              |                |                |                             |              |
| 5:00 PM                                               | Gym Closes at 5:15 pm                            |       |                              |                              |                |                | Pool Closes at 5:15 pm      |              |

| WEDNESDAY DECEMBER 24, 2025    Hours 6:00 am - 2:00 pm |                                           |       |          |                             |                |                         |                           |              |
|--------------------------------------------------------|-------------------------------------------|-------|----------|-----------------------------|----------------|-------------------------|---------------------------|--------------|
|                                                        | GYM 1 & 2                                 | GYM 3 | STUDIO A | STUDIO B                    | MULTIPURPOSE A | MULTIPURPOSE B          | LAP POOL                  | LEISURE POOL |
| 6:00 AM                                                | Strength & Conditioning<br>6:10 - 6:55 am |       |          |                             |                |                         |                           |              |
| 6:30 AM                                                |                                           |       |          |                             |                |                         | Lane Swim<br>6:00-8:00 am |              |
| 7:00 AM                                                | Pickleball<br>7:15 - 8:30 am              |       |          |                             |                |                         |                           |              |
| 7:30 AM                                                |                                           |       |          |                             |                |                         |                           |              |
| 8:00 AM                                                |                                           |       |          |                             |                |                         |                           |              |
| 8:30 AM                                                |                                           |       |          |                             |                |                         | AquaFit<br>8:30 - 9:15 am |              |
| 9:00 AM                                                | HIIT<br>9:15 - 10:00 am                   |       |          |                             |                |                         |                           |              |
| 9:30 AM                                                |                                           |       |          | Core Fit<br>9:30 - 10:15 am |                |                         |                           |              |
| 10:00 AM                                               |                                           |       |          |                             |                |                         |                           |              |
| 10:30 AM                                               |                                           |       |          |                             |                | Yoga<br>10:30 -11:30 am |                           |              |
| 11:00 AM                                               |                                           |       |          |                             |                |                         |                           |              |
| 11:30 AM                                               | Walk Fit<br>11:30 - 12:15 pm              |       |          |                             |                |                         |                           |              |
| 12:00 PM                                               |                                           |       |          |                             |                |                         |                           |              |
| 12:30 PM                                               |                                           |       |          |                             |                |                         |                           |              |
| 1:00 PM                                                |                                           |       |          |                             |                |                         |                           |              |
| 1:30 PM                                                |                                           |       |          |                             |                |                         |                           |              |
| 2:00 PM                                                | Gym Closes at 1:45 pm                     |       |          |                             |                |                         | Pool Closes at 1:45 pm    |              |

### THURSDAY DECEMBER 25, 2025

#### CLOSED

| SUNDAY DECEMBER 28, 2025    Hours 8:00 am - 4:00 pm |                                            |       |                             |          |                |                |                             |              |
|-----------------------------------------------------|--------------------------------------------|-------|-----------------------------|----------|----------------|----------------|-----------------------------|--------------|
|                                                     | GYM 1 & 2                                  | GYM 3 | STUDIO A                    | STUDIO B | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL                    | LEISURE POOL |
| 8:00 AM                                             |                                            |       |                             |          |                |                | Lane Swim<br>8:00 - 8:45 am |              |
| 8:30 AM                                             |                                            |       |                             |          |                |                |                             |              |
| 9:00 AM                                             | Strength & Conditioning<br>9:15 - 10:00 am |       | Cycle Fit<br>8:45 - 9:45 am |          |                |                |                             |              |
| 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                                            |                                            |       |                             |          |                |                |                             |              |
| 12:30 PM                                            |                                            |       |                             |          |                |                |                             |              |
| 1:00 PM                                             |                                            |       |                             |          |                |                |                             |              |
| 1:30 PM                                             |                                            |       |                             |          |                |                |                             |              |
| 2:00 PM                                             |                                            |       |                             |          |                |                |                             |              |
| 2:30 PM                                             |                                            |       |                             |          |                |                |                             |              |
| 3:00 PM                                             |                                            |       |                             |          |                |                |                             |              |
| 3:30 PM                                             |                                            |       |                             |          |                |                |                             |              |
|                                                     | Gym Closes at 3:45 pm                      |       |                             |          |                |                | Pool Closes at 3:45 pm      |              |

Registered Adult Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swim

Drop In Recreational Sports

**Child Minding Hours**  
Open: December 22, 23, 29, 30,  
31, 2025 and January 2, 2026  
Hours : 9:00 - 10:15 am  
10:15 - 11:30 am  
Closed: December 24, 25, 26,  
2025 and January 1, 2026

Shine On



Hamilton  
Burlington  
Brantford

Schedule at a Glance - Flamborough Family YMCA

December 22, 2025 to January 4, 2026

| MONDAY DECEMBER 29, 2025 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | Hours 6:00 am - 9:30 pm          |                             |  |
|--------------------------|--------------------------------------------------|------------------------------------------|-----------------------------|---------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------|----------------------------------|-----------------------------|--|
|                          | GYM 1 & 2                                        | GYM 3                                    | STUDIO A                    | STUDIO B                              | MULTIPURPOSE A                                               | MULTIPURPOSE B                                            | LAP POOL                          | LEISURE POOL                     |                             |  |
| 6:00 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:00 AM                  | Pickleball<br>7:15 - 8:30 am                     |                                          | Cycle Fit<br>6:30 - 7:15 am |                                       |                                                              |                                                           | Lane Swim<br>6:00 - 8:15am        |                                  |                             |  |
| 7:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:00 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           | AquaFit<br>8:30 - 9:15 am         |                                  |                             |  |
| 9:00 AM                  | Boday Fit<br>9:15 - 10:00 am                     |                                          |                             |                                       | Holiday Half-Day Program<br>(Ages 7 - 12)<br>9:00 - 12:00 pm | Holiday Half-Day Program<br>(Ages 4-6)<br>9:00 - 12:00 pm | Lane/Open Swim<br>9:30 - 12:45 pm | Open Swim<br>9:00 - 12:45 pm     |                             |  |
| 9:30 AM                  |                                                  |                                          | TRX<br>9:30-10:15 am        |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 10:00 AM                 | Holiday Half-Day Program<br>10:15 - 11:15 am     |                                          |                             | Yoga for Strength<br>10:30 - 11:30 am |                                                              |                                                           |                                   |                                  |                             |  |
| 10:30 AM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 11:00 AM                 | Walk Fit<br>11:30 - 12:15 pm                     |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 12:00 PM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 12:30 PM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 1:00 PM                  | Divided Open Gym<br>(All Ages)<br>12:30 - 6:45pm |                                          |                             |                                       |                                                              |                                                           | AquaFit<br>1:00 - 1:45 pm         |                                  |                             |  |
| 1:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 2:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           | Hydrotherapy<br>2:00 - 2:45 pm    |                                  |                             |  |
| 2:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | Open Swim<br>2:45 - 8:45 pm      |                             |  |
| 3:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 3:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 4:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 4:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 5:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 5:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:00 PM                  | Zumba<br>7:15 - 8:15 pm                          |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 9:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 9:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
|                          | Gym Closes at 9:15 pm                            |                                          |                             |                                       |                                                              |                                                           | Pool Closes at 9:15 pm            |                                  |                             |  |
| FRIDAY JANUARY 2, 2026   |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | Hours 6:00 am - 9:30 pm          |                             |  |
|                          | GYM 1 & 2                                        | GYM 3                                    | STUDIO A                    | STUDIO B                              | MULTIPURPOSE A                                               | MULTIPURPOSE B                                            | LAP POOL                          | LEISURE POOL                     |                             |  |
| 6:00 AM                  | Strength & Conditioning<br>6:10 - 6:55 am        |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:00 AM                  | Pickleball<br>7:15 - 8:30 am                     | Open Gym<br>(All Ages)<br>3:15 - 5:45 pm |                             |                                       |                                                              |                                                           | Lane Swim<br>6:00 - 8:15am        |                                  |                             |  |
| 7:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:00 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 9:00 AM                  | Boday Fit<br>9:15 - 10:00 am                     |                                          |                             |                                       |                                                              |                                                           | AquaFit<br>8:30 - 9:15 am         |                                  |                             |  |
| 9:30 AM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | Open Swim<br>9:00 - 12:45 pm     |                             |  |
| 10:00 AM                 |                                                  |                                          |                             |                                       |                                                              |                                                           | Lane/Open Swim<br>9:30 - 12:45 pm |                                  |                             |  |
| 10:30 AM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 11:00 AM                 | Walk Fit<br>11:30 - 12:15 pm                     |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 11:30 AM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 12:00 PM                 | Divided Open Gym<br>(All Ages)<br>3:15 - 9:15 pm |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 12:30 PM                 |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 1:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 1:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | AquaFit<br>1:00 - 1:45 pm        |                             |  |
| 2:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  | Open Swim<br>2:00 - 8:45 pm |  |
| 2:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 3:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 3:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 4:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   | Lane/Open Swim<br>1:45 - 7:45 pm |                             |  |
| 4:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 5:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 5:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 6:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 7:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 8:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           | Lane Swim<br>7:45 - 9:15 pm       |                                  |                             |  |
| 8:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 9:00 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
| 9:30 PM                  |                                                  |                                          |                             |                                       |                                                              |                                                           |                                   |                                  |                             |  |
|                          | Gym Closes at 9:15 pm                            |                                          |                             |                                       |                                                              |                                                           | Pool Closes at 9:15 pm            |                                  |                             |  |

| TUESDAY DECEMBER 30, 2025Hours 6:00 am - 9:30 pm |                                                  |       |          |          |                |                |                        |              |
|--------------------------------------------------|--------------------------------------------------|-------|----------|----------|----------------|----------------|------------------------|--------------|
|                                                  | GYM 1 & 2                                        | GYM 3 | STUDIO A | STUDIO B | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL               | LEISURE POOL |
| 6:00 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 6:30 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 7:00 AM                                          | Divided Open Gym<br>(All Ages)<br>7:00 - 8:45 am |       |          |          |                |                |                        |              |
| 7:30 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 8:00 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 8:30 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 9:00 AM                                          | Holiday Half-Day Program<br>9:00 - 10:00 am      |       |          |          |                |                |                        |              |
| 9:30 AM                                          |                                                  |       |          |          |                |                |                        |              |
| 10:00 AM                                         | Muscle Fit<br>10:15 - 11:00 am                   |       |          |          |                |                |                        |              |
| 10:30 AM                                         |                                                  |       |          |          |                |                |                        |              |
| 11:00 AM                                         | Gentle Fit<br>11:30 - 12:15 pm                   |       |          |          |                |                |                        |              |
| 11:30 AM                                         |                                                  |       |          |          |                |                |                        |              |
| 12:00 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 12:30 PM                                         | Pickleball<br>12:45 - 3:00 pm                    |       |          |          |                |                |                        |              |
| 1:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 1:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 2:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 2:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 3:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 3:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 4:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 4:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 5:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 5:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 6:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 6:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 7:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 7:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 8:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 8:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 9:00 PM                                          |                                                  |       |          |          |                |                |                        |              |
| 9:30 PM                                          |                                                  |       |          |          |                |                |                        |              |
|                                                  | Gym Closes at 9:15 pm                            |       |          |          |                |                | Pool Closes at 9:15 pm |              |

| SATURDAY JANUARY 3, 2026Hours 8:00 am - 5:30 pm |                                                  |       |          |          |                |                |                        |              |
|-------------------------------------------------|--------------------------------------------------|-------|----------|----------|----------------|----------------|------------------------|--------------|
|                                                 | GYM 1 & 2                                        | GYM 3 | STUDIO A | STUDIO B | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL               | LEISURE POOL |
| 8:00 AM                                         | Divided Open Gym<br>(All Ages)<br>8:00 - 5:00 pm |       |          |          |                |                |                        |              |
| 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                                         |                                                  |       |          |          |                |                |                        |              |
| 1:30 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 2:00 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 2:30 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 3:00 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 3:30 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 4:00 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 4:30 PM                                         |                                                  |       |          |          |                |                |                        |              |
| 5:00 PM                                         |                                                  |       |          |          |                |                |                        |              |
|                                                 | Gym Closes at 5:15 pm                            |       |          |          |                |                | Pool Closes at 5:15 pm |              |

| WEDNESDAY DECEMBER 31, 2025Hours 6:00 am - 2:00 pm |                                           |       |          |          |                |                |                        |              |
|----------------------------------------------------|-------------------------------------------|-------|----------|----------|----------------|----------------|------------------------|--------------|
|                                                    | GYM 1 & 2                                 | GYM 3 | STUDIO A | STUDIO B | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL               | LEISURE POOL |
| 6:00 AM                                            | Strength & Conditioning<br>6:10 - 6:55 am |       |          |          |                |                |                        |              |
| 6:30 AM                                            |                                           |       |          |          |                |                |                        |              |
| 7:00 AM                                            | Pickleball<br>7:15 - 8:30 am              |       |          |          |                |                |                        |              |
| 7:30 AM                                            |                                           |       |          |          |                |                |                        |              |
| 8:00 AM                                            |                                           |       |          |          |                |                |                        |              |
| 8:30 AM                                            |                                           |       |          |          |                |                |                        |              |
| 9:00 AM                                            | HIIT<br>9:15 - 10:00 am                   |       |          |          |                |                |                        |              |
| 9:30 AM                                            |                                           |       |          |          |                |                |                        |              |
| 10:00 AM                                           |                                           |       |          |          |                |                |                        |              |
| 10:30 AM                                           |                                           |       |          |          |                |                |                        |              |
| 11:00 AM                                           |                                           |       |          |          |                |                |                        |              |
| 11:30 AM                                           | Walk Fit<br>11:30 - 12:15 pm              |       |          |          |                |                |                        |              |
| 12:00 PM                                           |                                           |       |          |          |                |                |                        |              |
| 12:30 PM                                           |                                           |       |          |          |                |                |                        |              |
| 1:00 PM                                            |                                           |       |          |          |                |                |                        |              |
| 1:30 PM                                            |                                           |       |          |          |                |                |                        |              |
| 2:00 PM                                            | Gym Closes at 1:45 pm                     |       |          |          |                |                | Pool Closes at 1:45 pm |              |

| THURSDAY JANUARY 1, 2026Hours 12:00 pm - 4:00 pm |                                                 |            |          |          |                 |                 |                        |              |
|--------------------------------------------------|-------------------------------------------------|------------|----------|----------|-----------------|-----------------|------------------------|--------------|
|                                                  | SINGLE GYM                                      | DOUBLE GYM | STUDIO A | STUDIO B | MULTI-PURPOSE A | MULTI-PURPOSE B | LAP POOL               | LEISURE POOL |
| 12:00 PM                                         | Divided Open Gym<br>(All Ages)<br>12:00-3:45 pm |            |          |          |                 |                 |                        |              |
| 12:30 PM                                         |                                                 |            |          |          |                 |                 |                        |              |
| 1:00 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 1:30 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 2:00 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 2:30 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 3:00 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 3:30 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
| 4:00 PM                                          |                                                 |            |          |          |                 |                 |                        |              |
|                                                  | Gym Closes at 3:45 pm                           |            |          |          |                 |                 | Pool Closes at 3:45 pm |              |

| SUNDAY JANUARY 4, 2026Hours 8:00 am - 4:00 pm |                                                   |       |          |          |                |                |                        |              |
|-----------------------------------------------|---------------------------------------------------|-------|----------|----------|----------------|----------------|------------------------|--------------|
|                                               | GYM 1 & 2                                         | GYM 3 | STUDIO A | STUDIO B | MULTIPURPOSE A | MULTIPURPOSE B | LAP POOL               | LEISURE POOL |
| 8:00 AM                                       |                                                   |       |          |          |                |                |                        |              |
| 8:30 AM                                       |                                                   |       |          |          |                |                |                        |              |
| 9:00 AM                                       | Strength & Conditioning<br>9:15 - 10:00 am        |       |          |          |                |                |                        |              |
| 9:30 AM                                       |                                                   |       |          |          |                |                |                        |              |
| 10:00 AM                                      |                                                   |       |          |          |                |                |                        |              |
| 10:30 AM                                      | Family Pickleball<br>10:30 - 12:00 pm             |       |          |          |                |                |                        |              |
| 11:00 AM                                      |                                                   |       |          |          |                |                |                        |              |
| 11:30 AM                                      | Divided Open Gym<br>(All Ages)<br>12:15 - 3:45 pm |       |          |          |                |                |                        |              |
| 12:00 PM                                      |                                                   |       |          |          |                |                |                        |              |
| 12:30 PM                                      |                                                   |       |          |          |                |                |                        |              |
| 1:00 PM                                       |                                                   |       |          |          |                |                |                        |              |
| 1:30 PM                                       |                                                   |       |          |          |                |                |                        |              |
| 2:00 PM                                       |                                                   |       |          |          |                |                |                        |              |
| 2:30 PM                                       |                                                   |       |          |          |                |                |                        |              |
| 3:00 PM                                       |                                                   |       |          |          |                |                |                        |              |
| 3:30 PM                                       |                                                   |       |          |          |                |                |                        |              |
|                                               | Gym Closes at 3:45 pm                             |       |          |          |                |                | Pool Closes at 3:45 pm |              |

- Registered Adult Programs
- Drop In Group Fitness
- Registered Child and Youth Programs
- Open Swim
- Drop In Recreational Sports