

SUNDAY							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL
8:00 AM							Lane Swim 8:00 - 8:45 am
8:30 AM							
9:00 AM	Strength & Conditioning 9:15 - 10:00 am		Cycle Fit 8:45am - 9:45 am				
9:30 AM							
10:00 AM			TRX 10:15 - 11:00 am				
10:30 AM	NEW TIME! Family Pickleball 10:30 - 12:00 pm						
11:00 AM							
11:30 AM							
12:00 PM	Divided Open Gym (All Ages) 12:15 - 3:345pm				Line Dancing 11:30-12:30 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							Pool Closes at 3:45 pm

SWIM ADMISSION CRITERIA

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

Red: Ages 0-5 must be accompanied by a parent/guardian (min. 16 years of age) in the water, within arm’s reach at all time. Ages 6-9 who cannot pass the swim test must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm’s reach at all times.

Yellow: Ages 6-9, shallow water or deep end with a life jacket. Must be supervised by parent/guardian (min. 16 years of age) in the pool area [visual contact].

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

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

SUMMER REGISTRATION DATES - Child and Youth LAND PROGRAMS				
Session	Start to End	Registration Opens	Members	Non-Members
Summer	June 30 - August 24	June 9 th		June 16
Karate Summer 8 weeks	June 30 - August 4	June 9		June 16

SUMMER REGISTRATION DATES - AQUATICS		
Session	Start to End	Registration Opens
Summer 8 Weeks	June 30 - August 24	June 23

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Drop in Recreational Programs

*Express Swim Lessons running alternate weeks - Please see Membership for schedule and registration

MONDAY							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL
6:00 AM							
6:30 AM							
7:00 AM	NEW TIME! Pickleball 7:15 - 8:30 am		Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8:15 am
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15 - 10:00am						Aqua Fit 8:30 - 9:15 am
9:30 AM	Summer Fun 101 (Ages 7-12) 10:15 - 11:15 am		TRX 9:30-10:15 am		Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	
10:00 AM							
10:30 AM			Yoga for Strength 10:30 - 11:30 am				Open Swim 9:30 - 10:45 am
11:00 AM	Walk Fit 11:30 - 12:15 pm						Splashers 11:00 - 12:00 pm
11:30 AM							
12:00 PM	Closed for Cleaning 12:30 - 1:00 pm						Open Swim 12:00-12:45 pm
12:30 PM	Divided Open Gym (All Ages) 1:00 - 6:45 pm						
1:00 PM							Hydrotherapy 1:00 - 1:45 pm
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							Open/Lane Swim 2:00-3:45 pm
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM			Zumba Kids JR (Ages 3-5) 5:15 pm - 6:00pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm		
6:00 PM			Zumba Kids (Ages 6-12) 6:15 pm - 7:00pm		Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm		
6:30 PM	Zumba 7:15 - 8:15pm			Back to Living Well 6:15 - 7:30 pm			
7:00 PM							
7:30 PM							
8:00 PM							
9:00 PM							
8:30 PM							
9:30 PM							Pool Closes at 9:15 pm

TUESDAY							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL
6:00 AM							
6:30 AM							Lane Swim 6:00 - 8:15 am
7:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am						
7:30 AM							
8:00 AM							
8:30 AM	Summer Fun 101 9:00 - 10:00 am		Cycle Fit 9:15 - 10:00 am				Aqua Fit 8:30 - 9:15 am
9:00 AM				Barre and Tone 9:30 - 10:15am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	
9:30 AM							
10:00 AM	Muscle Fit 10:15-11:00 am						
10:30 AM							Open/Lane Swim 9:30 - 12:45 pm
11:00 AM	Gentle Fit 11:30 - 12:15 pm						
11:30 AM							
12:00 PM	NEW TIME! Pickleball 12:45 - 2:30 pm						
12:30 PM							
1:00 PM							Aqua Fit 1:00 - 1:45 pm
1:30 PM							
2:00 PM	Divided Open Gym (All Ages) 2:45 - 4:45 pm						
2:30 PM							
3:00 PM							
3:30 PM	Sports Adventure (Ages 6-12) 5:15 - 6:15 pm						
4:00 PM							
4:30 PM							
5:00 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm						
5:30 PM							
6:00 PM							
6:30 PM	Divided Open Gym (All Ages) 7:45-9:00pm		Boot Camp 6:00-6:45				
7:00 PM							
7:30 PM			TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			
8:00 PM							
8:30 PM							
9:00 PM							Pool Closes at 9:15 pm

