			SUNI	DAY		Flam	borough Family Y	MCA - Sch	nedule at a	a Glance:	June 30 -	Sept. 7, 2	025
9,00 444	GYM1&2	GYM 3	STUDIO A STUDIO B	MULTI PURPOSE A MULTIPURPOSE B	LAPPOOL LEISURE POOL								
8:00 AM 8:30 AM			Cycle Fit		Lane Swim 8:00 - 8:45 am		GYM1&2 GYM3	STUDIO A	MONDA \ studiob	MULTIPURPOSE A	MULITPURPOSEB	LAPPOOL	Shine ()n LEISURE POOL
9:00 AM	Strength & Condition		8:45am - 9:45 am			6:00 AM	GYM1&2 GYM3	STUDIOA	STUDIOB	MULTIPURPOSEA	MULTIPURPOSEB	LAPPOOL	LEISURE POOL
9:30 AM 10:00 AM	9:15 - 10:00 am	•	TRX			6:30 AM		- Cycle Fit				Lane Swim	
10:00 AM			10:15-11:00 am			7:00 AM	NEWTIME!	6:30-7:15 am				6:00 - 8::15 am	
11:00 AM	NEWTIME!	-			SwimLessons SwimLessons 9:00 - 1:00 pm	7:30 AM	Pickleball 7:15-8:30 am						
11:30 AM	Family Pidkleball 10:30 - 12:00 pm			Line Dancing		8:00 AM 8:30 AM	7.13 G56411					Agua Fit	
12:00 PM				11:30-12:30 pm		9:00 AM	Body Fit					8:30 - 9:15 am	
12:30 PM						9:30 AM 10:00 AM	9:15 - 10:00 am	TRX 9:30-10:15 am		Summer Fun 101	Summer Fun 101		Open Swim
1:00 PM 1:30 PM	Divided Open Gyr	/m			Open/Lane Swim 1:15-2:30 pm Open Suite	10:30 AM	Summer Fun 101 10:15 - 11:15 am	Yoga for Strength		(Ages 7-12) 9:00 am - 12:00 pm	(Ages 4-6) 9:00 am - 12:00 pm		9:30 - 10:45 am
2:00 PM 2:30 PM	(All Ages) 12:15 - 3:345pm	n			Open Swim 1:15 - 3:45 pm	11:00 AM 11:30 AM	Walk Fit	10:30 - 11:30 am				Open/Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm
3:00 PM					Open Swim 2:30 - 3:45 pm	12:00 PM	11:30 - 12:15 pm						Open Swim
3:30 PM 4:00 PM					Pool Closes at 3:45 pm	12:30 PM	Closed for Cleaning 12:30 - 1:00 pm						12:00-12:45 pm
4.001111			CHILL A DAMES	CION COITEDIA		1:00 PM						Hydrotherapy 1:00 - 1:45 pm	
			SWIM ADMISS	SION CRITERIA		1:30 PM 2:00 PM						1:00 - 1:45 pm	
Participan	ts under must be	given a wrist	band prior to entering the po	ool.		2:30 PM						Open/Lane Swim	Open Swim
Red: A	ges 0-5 must be a	ccompanied	by a parent/guardian (min. 16	6 years of age) in the water, withi	n arm's reach at all time. Ages 6-9	3:00 PM 3:30 PM	Divided Open Gym (All Ages)					2:00-3:45 pm	2:00 -3:45 pm
who canno	t pass the swim t	test must be a	accompanied by a parent/gua	rdian (min. 16 years of age) in the	e water within arm's reach at all	4:00 PM	(All Ages) 1:00 - 6:45 pm						
times.						4:30 PM 5:00 PM		Zumba Kids JR					
Yellow	: Ages 6-9, shallo	ow water or de	eep end with a life jacket. Mu	st be supervised by parent/guard	lian (min. 16 years of age) in the	5:30 PM		(Ages 3-5) 5:15 pm - 6:00pm			entals (Ages 6-12) 5:45 pm	Swim Lessons	Swim Lessons
T	visual contact].					6:00 PM		Zumba Kids	Packto Living Wall	Karate Advance	red (Ages 6 - 12)	4:00 - 7:30 pm	4:00 - 7:30 pm
	-		pool after passing the swim to			6:30 PM		(Ages 6-12) 6:15 pm-7:00pm	Back to Living Well 6:15-7:30 pm		6:45 pm		
	e, lifeguards may	ask for demo	onstration of participant's sw	imming ability if they feel there is	s questions of the participant's	7:00 PM	Zumba						
safety.						7:30 PM 8:00 PM	7:15 -8:15pm					Lane Swim	Open Swim
						9:00 PM						7:45-9:15 pm	7:45-8:45 pm
						8:30 PM 9:30 PM						Pool Closes	at 9:15 nm
												1 001 00505	uco.io piii
						3.301 M	·						
		SUM	IMER REGISTRATION DATES - C	hild and Youth LAND PROGRAMS		3,501m			TUESDA				
	Session	SUM	IMER REGISTRATION DATES - C	Registration Opens Members	Non-Members		GYM1&2 GYM3	STUDIO A	TUESDA STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
	Session Summer	SUM			Non-Members June 16	6:00 AM 6:30 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL
	Summer	SUM	Start to End June 30 - August 24	Registration Opens Members  June 9 <sup>th</sup>	June 16	6:00 AM	Divided Open Gym	STUDIOA			MULTIPURPOSE B		LEISURE POOL
: Ka		SUM	Start to End	Registration Opens Members		6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM		STUDIO A			MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am	LEISURE POOL
: Ka	Summer	SUM	Start to End June 30 - August 24	Registration Opens Members  June 9 <sup>th</sup>	June 16	6:00 AM 6:30 AM 7:00 AM 7:30 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am Summer Fun 101	Cycle Fit			MULTIPURPOSE B	Lane Swim	LEISURE POOL
: Ka	Summer	SUM	Start to End  June 30 - August 24  June 30 - August 4	Registration Opens Members  June 9 <sup>th</sup>	June 16	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am		STUDIO B  Barre and Tone	MULTI PURPOSE A  Summer Fun 101	Summer Fun 101	Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL
Ka Summ	Summer urate er 8 weeks	SUM	Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS	June 16 June 16	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am Summer Fun 101	Cycle Fit	STUDIO B	MULTI PURPOSE A		Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL
Ka Summ	Summer	SUM	Start to End  June 30 - August 24  June 30 - August 4	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS	June 16	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 - 10:00 am  Muscle Fit	Cycle Fit	STUDIO B  Barre and Tone	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	LEISURE POOL
Ka Summ	Summer  arate er 8 weeks  Session Gummer	SUM	Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16 June 16	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 - 10:00 am  Muscle Fit	Cycle Fit	STUDIO B  Barre and Tone	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	
Ka Summ	Summer  arate er 8 weeks  Session	SUM	Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION  Start to End	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 - 10:00 am  Muscle Fit 10:15-11:00 am	Cycle Fit	STUDIO B  Barre and Tone	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim
Ka Summ	Summer  arate er 8 weeks  Session Gummer	SUM	Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION  Start to End	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 - 10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim
Ka Summ	Summer  arate er 8 weeks  Session Gummer	SUM	Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION  Start to End	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim
Ka Summ	Summer  arate er 8 weeks  Session  Summer  3 Weeks		Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm	Open Swim 930-12:45pm
Ka Summ	Summer  arate er 8 weeks  Session  Summer  3 Weeks		Start to End  June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION  Start to End	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim
Ka Summ	Summer  Flamboro	ough Far	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA	Registration Opens Members  June 9 <sup>th</sup> June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:00 PM 3:30 PM 3:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm	Open Swim 9:30 -12:45pm
Ka Summ	Session Summer SWeeks  Flamboro 207 Park	ough Far	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, O	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm	Open Swim 9:30 -12:45pm
Ka Summ	Session Summer SWeeks  Flamboro 207 Park	ough Far	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym (All Ages) 2:45-4:45 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm	Open Swim 9:30 -12:45pm
Ka Summ	Session Summer B Weeks  Flamboro 207 Parks of flamboro	ough Far side Dri	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, O	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym (All Ages) 2:45-4:45 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm	Open Swim 9:30 -12:45pm
Ka Summ	Session Summer SWeeks  Flamboro 207 Park	ough Far side Dri	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, O	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym (All Ages) 2:45-4:45 pm  Sports Adventure (Ages 6-12) (Ages 6-12) 5:15-6:15 pm  Source Adventure (Ages 3-5) 5:30-6:15 pm	Cycle Fit 9:15-10:00 am	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm  Open/Lane Swim 2:00-3:45 pm	Open Swim 9:30 -12:45pm  Open Swim 2:00 -3:45 pm
Ka Summ	Session Summer B Weeks  Flamboro 207 Parks of flamboro	ough Far side Dri	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, O	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 - 10:00 am  Muscle Fit 10:15 - 11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm  Divided Open Gym (All Ages) 2:45 - 4:45 pm	Cycle Fit	STUDIO B  Barre and Tone	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm  Open/Lane Swim 2:00-3:45 pm	Open Swim 9:30-12:45pm  Open Swim 2:00-3:45 pm
Ka Summ	Session Summer B Weeks  Flamboro 207 Parks of flamboro	ough Far side Dri	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, O	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym (All Ages) 2:45-4:45 pm  Sports Adventure (Ages 6-12) 5:15-6:15 pm  Y-Climb (Ages 6-12)	Cycle Fit 9:15-10:00 am  Boot Camp 6:00-6:45	Barre and Tone 9:30 - 10:15am	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Aqua Fit 830-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm  Open/Lane Swim 2:00-3:45 pm	Open Swim 9:30 -12:45pm  Open Swim 2:00 -3:45 pm
Ka Summ	Session Summer 3 Weeks  Flamboro 207 Parks 6 flamboro 905-690-	ough Far side Dri	Startto End June 30 - August 24  SUMMER REGISTRATIO Start to End June 30 - August 24  mily YMCA ve, Waterdown, (ambership@ymcah)	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm  Divided Open Gym (All Ages) 2:45 - 4:45 pm  Sports Adventure (Ages 6-12) (Ages 6-12) (5:15-6:15 pm  Y-Climb (Ages 6-12) 6:30-7:30 pm	Cycle Fit 9:15-10:00 am	Barre and Tone 9:30 - 10:15am	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm  Open/Lane Swim 2:00-3:45 pm	Open Swim 9:30 -12:45pm  Open Swim 2:00 -3:45 pm  Swim Lessons 4:00 - 7:30 pm
Ka Summ	Summer  Session Summer  Weeks  Flamboro 207 Parks Flamboro 905-690-	ough Far side Dri	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA  ve, Waterdown, Ombership@ymcah  Registered Child and Youth Programs	Registration Opens Members  June 9  ON DATES - AQUATICS  Regist	June 16  June 16  ration Opens  une 23	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:00 PM 12:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:00 PM 6:00 PM 6:00 PM 7:00 PM 7:30 PM 8:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45-2:30 pm  Divided Open Gym (All Ages) 2:45-4:45 pm  Sports Adventure (Ages 6-12) (Ages 3-5) 5:15-6:15 pm  Y-Climb (Ages 6-12) 6:30-7:30 pm	Cycle Fit 9:15-10:00 am  Boot Camp 6:00-6:45	Barre and Tone 9:30 - 10:15am	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm  Open?Lane Swim 2:00-3:45 pm  Swim Lessons 4:00-7:30 pm  Master Swim 7:45-8:45 pm  Lane Swim	Open Swim 9:30-12:45pm  Open Swim 2:00-3:45 pm  Swim Lessons 4:00-7:30 pm
Ka Summ	Session Summer 3 Weeks  Flamboro 207 Parks 6 flamboro 905-690-	ough Far side Dri	Startto End June 30 - August 24  SUMMER REGISTRATIO Start to End June 30 - August 24  mily YMCA ve, Waterdown, (ambership@ymcah)	Registration Opens Members June 9  ON DATES - AQUATICS  Regist  ON bb.ca	June 16  June 16  ration Opens  une 23	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 6:00 PM 7:30 PM 7:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm  Divided Open Gym (All Ages) 2:45 - 4:45 pm  Sports Adventure (Ages 6-12) (Ages 3-5) 5:15-6:15 pm  Y-Climb (Ages 6-12) 6:30-7:30 pm  Divided Open Gym (All Ages)	Cycle Fit 9:15-10:00 am  Boot Camp 6:00-6:45	Barre and Tone 9:30 - 10:15am	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Aqua Fit 830 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm  Open?Lane Swim 2:00 - 3:45 pm  Swim Lessons 4:00 - 7:30 pm  Master Swim 7:45-8:45 pm  Lane Swim 8:45 pm - 9:15 pm	Open Swim 9:30-12:45pm  Open Swim 2:00-3:45 pm  Swim Lessons 4:00-7:30 pm
Ka Summ	Session Summer  Session Summer  Seession Flamboro 207 Park Flamboro 905-690-	ough Far side Driv ough.mer -3555	Start to End June 30 - August 24  June 30 - August 4  SUMMER REGISTRATION Start to End June 30 - August 24  mily YMCA ve, Waterdown, Ombership@ymcah  Registered Child and Youth Programs Open Swims (Lap or Leisure)	Registration Opens Members June 9  ON DATES - AQUATICS  Regist  ON bb.ca	June 16  June 16  ration Opens  une 23	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 PM 1:30 PM 1:30 PM 2:00 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM 8:00 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00-10:00 am  Muscle Fit 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm  Divided Open Gym (All Ages) 2:45 - 4:45 pm  Sports Adventure (Ages 6-12) (Ages 3-5) 5:15-6:15 pm  Y-Climb (Ages 6-12) 6:30-7:30 pm  Divided Open Gym (All Ages)	Cycle Fit 9:15-10:00 am  Boot Camp 6:00-6:45	Barre and Tone 9:30 - 10:15am	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Aqua Fit 830 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm  Open?Lane Swim 2:00 - 3:45 pm  Swim Lessons 4:00 - 7:30 pm  Master Swim 7:45-8:45 pm  Lane Swim 8:45 pm - 9:15 pm	Open Swim 9:30-12:45pm  Open Swim 2:00-3:45 pm  Swim Lessons 4:00-7:30 pm  Open Swim 7:45-8:45 pm

			WEDNESD	AY							FRIDAY				
400 111	GYM1&2 GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2 GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am					Lane Swim / Community Rental		6:00 AM	Strength and Conditioning					Lane Swim/Community Rental 6:00 - 7:00 am	
6:30 AM 7:00 AM	NEWTIME!					6:00 - 8:15 am		6:30 AM	6:10-6:55 am						
7:30 AM	Pickleball 7:15-8:30 am							7:00 AM 7:30 AM	NEW TIME! Open Gym Pickleball (All Ages)					Lane Swim 7:00 - 8:15 am	
8:00 AM 8:30 AM						Aqua Fit		8:00 AM	7:15-8:30am 7:15-8:45 am						
9:00 AM 9:30 AM	HIIT 9:15-10:00 am	CORE FIT 9:30 - 10:00 am				8:30 - 9:15 am		8:30 AM						Aqua Fit 8:30 - 9:15 am	
10:00 AM		CONE 111 9.50 - 10.00 a111		Summer Fun 101	Summer Fun 101			9:00 AM	Body Fit 9:15-10:00 am			Summer Fun 101	Summer Fun 101	6.50-9.15 df11	
10:30 AM 11:00 AM	Summer Fun 101 10:15 - 11:15 am		Yoga 10:30-11:30 am	(Ages 7-12) 9:00 am - 12:00 pm	(Ages 4-6) 9:00 am - 12:00 pm	Open/Lane Swim		9:30 AM 10:00 AM			Yoga 9:30-10:30 am	(Ages 7-12) 9:00 am - 12:00 pm	(Ages 4-6) 9:00 am - 12:00 pm		
11:30 AM	WalkFit					9:30 - 12:45 pm	Open Swim 9:30-12::45 pm	10:30 AM	10.13 11.13411			3.00 am - 12.00 pm	9.00 am = 12.00 pm	Open/Lane Swim 9:30 - 12:45 pm	
12:00 PM	11:30 - 12:15 pm  Closed for Cleaning							11:00 AM							Open Swim 9:30-12:45 pm
12:30 PM	12:30 - 1:00 pm							11:30 AM 12:00 PM	Walk Fit 11:30 - 12:15 pm					_	350 (2.15 pill)
1:00 PM 1:30 PM						Hydrotherapy 1:00-1:45 pm		12:30 PM							
2:00 PM 2:30 PM	Divided Open Gym					Open/Lane Swim	Oncon Station	1:00 PM	. NEWTIME					Aqua Fit 1:00 - 1:45 pm	
3:00 PM	(All Ages) 1:00 - 4:30 pm					2:00-3:45 pm	Open Swim 2:00 -3:45 pm	1:30 PM	Pickleball 12:45-2:30 pm					1.00*1.45pm	
3:30 PM 4:00 PM								2:00 PM 2:30 PM						Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
4:30 PM								3:00 PM							
5:00 PM	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm							3:30 PM							
5:30 PM	- эло-энэ ріп				Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	4:00 PM 4:30 PM								
6:00 PM	Karate Fundamentals (Ages 6-12) 6:00-6:45 pm		Queenax - Fitness Floor*					5:00 PM						Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm
6:30 PM 7:00 PM			6:30-7:15pm					5:30 PM	Divided Open Gym						
7:30 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm	Zumba 7:15-8:15 pm	Yang/Yin Yoga 7:00-8:00 pm			Aqua Blast		6:00 PM 6:30 PM	(All Ages) 2:45 - 9:00 pm					-	
8:00 PM						7:40-8:25 pm	Open Swim 7:45 -8:45 pm	7:00 PM							
9:00 PM						Lane Swim 8:30-9:15 pm		7:30 PM							
9:30 PM						Pool Closes	sat 9:15 pm	8:00 PM 8:30 PM						Lane Swim 8:15 - 9:15 pm	
			ı					9:00 PM						Pool Closes	at 9:15 pm
	GVM18.2	STUDIOA	THURSDA		MI II TIDI IDDOSE D	LARROOL	I EIST IDE DOOL				CATURDA	v			
6:00 AM	GYM1&2 GYM3	STUDIO A	THURSDA STUDIOB	MULTI PURPOSE A	MULTIPURPOSEB	LAPPOOL	LEISURE POOL		GYM1&2 GYM3	STUDIO A	SATURDA STUDIOB		MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:30 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSEB	LAP POOL  Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:00 AM	GYM1&2 GYM3  Divided Open Gym	STUDIO A	SATURDA STUDIOB	MULTIPURPOSEA	MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL.
	Divided Open Gym	STUDIOA			MULTIPURPOSEB	Lane Swim	LEISURE POOL	8:00 AM 8:30 AM		STUDIO A			MULTIPURPOSE B		LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM		STUDIO A			MULTIPURPOSEB	Lane Swim 6:00 - 8:15 am	LEISURE POOL		Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) Soccer Level 1 (Ages 3-5)	Cycle Fit			MULTIPURPOSE B	Lane Swim	LEISURE POOL.
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am Summer Fun 101		STUDIOB		MULTIPURPOSEB	Lane Swim	LEISURE POOL	8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1				MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am Summer Fun 101 9:00 am - 10:00 am	STUDIO A  Cycle Fit 9:15-10:00 am		MULTI PURPOSE A  Summer Fun 101	Summer Fun 101	Lane Swirm 6:00 - 8:15 am Agua Fit		8:30 AM 9:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit	STUDIOB	MULTIPURPOSE A		Lane Swim	LEISURE POOL.
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am Summer Fun 101		STUDIOB	MULTI PURPOSE A		Lane Swirm 6:00 - 8:15 am Agua Fit	Cpen Swim 930-1045 am	8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12)  9:00 - 9:45 am	Cycle Fit			M (Ages 6-12)	Lane Swim 8:00 - 8:45 am Swim Lessons	SwimLessons
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 am - 10:00 am  Strength & Conditioning		STUDIOB	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swirm 6:00 - 8:15 am Agua Fit	Open Swim 9:30-10:45 am	8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Cleaning	Cycle Fit	STUDIO B  Yin Yoga	MULTI PURPOSE A  YMCA STEAN	M (Ages 6-12)	Lane Swim 8:00 -8:45 am	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00 am - 10:00 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit		STUDIOB	MULTI PURPOSE A  Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim 9:30-10:45 am Splashers 11:00-12:00 pm	9:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Cleaning 11:15 am - 12:00 pm	Cycle Fit	STUDIO B  Yin Yoga	MULTI PURPOSE A  YMCA STEAN	M (Ages 6-12)	Lane Swim 8:00 - 8:45 am Swim Lessons	SwimLessons
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00 am - 10:00 am  Strength & Conditioning 10:15-11:00 am  Gentle Fit 11:30 - 12:15 pm		STUDIOB	MULTIPURPOSE A  Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30-10:45 am  Splashers 11:00-12:00 pm  Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Cleaning 11:15 am - 12:00 pm  Birthday Party 1 Rental 12:00 - 1:00 pm  Divided Open Gym	Cycle Fit	STUDIO B  Yin Yoga	MULTIPURPOSE A  YMCASTEAN 10:15-1	M (Ages 6-12) 1:15 am	Lane Swim 8:00-8:45 am Swim Lessons 9:00-1:00 pm	Swim Lessons
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM	Divided Open Gym (All Ages) 7:00-8:45 am  Summer Fun 101 9:00 am - 10:00 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm		STUDIOB	Summer Fun 101 (Ages 7-12) 9:00 am -12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00-8:15 am  Aqua Fit 8:30-9:15 am  Open/Lane Swim 9:30-12:45 pm  Aqua Fit 1:00-1:45 pm	Open Swim 9:30-10:45 am  Splashers 11:00-12:00 pm  Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM	Divided Open Gym (All Ages) 8:00 - 8:45 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Cleaning 11:15 am - 12:00 pm  Birthday Party 1 Rental 12:00 - 1:00 pm  Divided Open Gym	Cycle Fit	STUDIO B  Yin Yoga	YMCA STEAN 10:15-1	M (Ages 6-12) 1:15 am	Lane Swim 8:00 -8:45 am  Swim Lessons 9:00 - 1:00 pm	SwimLessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00 - 8:45 am  Summer Fun 101 9:00 am - 10:00 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit 11:30 - 12:15 pm  NEW TIME! Pickleball 12:45 - 2:30 pm		STUDIOB	Summer Fun 101 (Ages 7-12) 9:00 am -12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30-10:45 am  Splashers 11:00-12:00 pm  Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:00 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:00 PM	Divided Open Gym (All Ages) 800-845 am  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Cleaning 11:15 am - 12:00 pm  Birthday Party 1 Rental 12:00 - 1:00 pm  Divided Open Gym (All Ages) 1:15-2:30 pm	Cycle Fit	STUDIO B  Yin Yoga	YMCA STEAM 10:15 - 1' Birthday Pa 12:00 - 2	M (Ages 6-12) 1:15 am  arty 1 Rental 2:00 pm	Lane Swim 800-8:45 am  Swim Lessons 9:00 - 1:00 pm  Open Swim 1:15 - 2:45 pm	Swim Lessons 9:00 - 1:00 pm
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