

Flamborough Family YMCA - Schedule at a Glance: June 30 - Sept. 7, 2025



Shine On

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

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

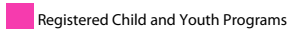
● **Yellow: Ages 6-9, shallow water or deep end with a life jacket. Must be supervised by parent/guardian (min. 16 years of age) in the pool area [visual contact].**

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

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

 905-690-3555



Open Swims (Lap or Leisure)

Drop in Recreational Programs

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

