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

SUNDAY								Flam	borough	Family Y	'MCA - Sch	nedul	
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSEB	LAP POOL	LEISURE POOL		J	- /		
8:00 AM							Lane Swim						
8:30 AM			Cycle Fit				8:00 - 8:45 am			GYM1&2	GYM 3	STUDIO A	STU
9:00 AM		Conditioning	8:45am - 9:45 am						6:00 AM				
9:30 AM	9:15-1	0:00 am											
10:00 AM			TRX						6:30 AM			Cycle Fit	
10:30 AM							-	Swim Lessons 9:00 - 1:2:30 pm	7:00 AM	AIEI	N TIME!	6:30-7:15 am	
11:00 AM	NEM						Swim Lessons 9:00 - 12:30 pm		7:30 AM		kleball		
11:30 AM	NEW TIME! Family Pickleball 10:30 - 12:00 pm								8:00 AM	7:15	- 8:30 am		
TT:SU AIVI					Line Dancing 11:30-12:30 pm				8:30 AM				
12:00 PM					11150 1	12.00 pm			9:00 AM		ody Fit		
12:30 PM									9:30 AM	9:15 - 10:00 am		TRX	
1:00 PM							Open/Lane Swim		10:00 AM	<i>.</i>	F 101	9:30-10:15 am	
1:30 PM	Divided C	Dpen Gym					12:45p - 2:30 pm	Open Swim	10:30 AM		Summer Fun 101 10:15 - 11:15 am	Yoga for Strength	
2:00 PM	(All A	Ages)						12:45p - 3:45 pm	11:00 AM	10.15 11.15 dill		10:30 - 11:30 am	
2:30 PM	12:15-3	3:345pm					0.01	7	11:30 AM		WalkFit		
3:00 PM							Open Swim 2:30 - 3:45 pm		12:00 PM	11:30 -	30 - 12:15 pm		
3:30 PM								200 010 011			or Cleaning		
4:00 PM							Pool Close	es at 3:45 pm	12:30 PM	12:30	- 1:00 pm		
						·			1:00 PM				
SWIM ADMISSION CRITERIA									1:30 PM				

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.

10:30 AM	10:15-11:15 am	Summer Fun 101 10:15 - 11:15 am		
11:00 AM			10:30 - 11:30 am	
11:30 AM	Walk Fit			
12:00 PM	11:30 - 12:15 pm			
12:30 PM	Closed for Cleaning 12:30 - 1:00 pm	4		
1:00 PM				
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM	Divided Open Gyn	n		
3:30 PM	(All Ages)	ĺ.		
4:00 PM	1:00 - 6:45 pm			
4:30 PM				
5:00 PM			Zumba Kids JR	
5:30 PM			(Ages 3-5) 5:15 pm - 6:00pm	
6:00 PM			Zumba Kids	Back to Li
6:30 PM			(Ages 6-12) 6:15 pm - 7:00pm	6:15-7
7:00 PM	Zumba			
7:30 PM	7:15 - 8:15pm			
8:00 PM				
9:00 PM				
8:30 PM				
9:30 PM				

	SUMMER REGISTRATION DATES - C	hild and Youth LAND PROGRAMS						τι
			N. M. I		GYM1&2	GYM 3	STUDIO A	STUDIC
Session	Start to End	Registration Opens Members	Non-Members	6:00 AM				
Summer	June 30 - August 24	June 9 th	June 16	6:30 AM				
		June 9 June 16			7:00 AM Divided Open Gym 7:30 AM (All Ages) 8:00 AM 7:00-8:45 am			
Karate Summer 8 weeks	June 30 - August 4			8:00 AM				
Summer 8 weeks				8:30 AM	7.00-	0.45 dill		
				9:00 AM		er Fun 101	Cycle Fit	
	SUMMER REGISTRATIO	ON DATES - AQUATICS		9:30 AM	9:00-1	10:00 am	9:15 - 10:00 am	Barre and
	Sommerneoismarn			10:00 AM		scle Fit		9:30 - 10:1
Session	Start to End	Regis	tration Opens	10:30 AM	10:15-11:00 am			
Summer	hung 20. August 24		lune 22	11:00 AM				
8 Weeks	June 30 - August 24		June 23	11:30 AM	Gentle Fit			
0.1120.15	1			12:00 PM	11:30 -	12:15 pm		
				12:30 PM				
				1:00 PM	NEW TIME! Pickleball 12:45 - 2:30 pm			
				1:30 PM 2:00 PM				
Flambor	ough Family YMCA			2:30 PM				
i lamboi	ought uning theA			3:00 PM	Divided	Open Gym		
207 Par	kside Drive, Waterdown,			3:30 PM	(All Ages) 2:45 - 4:45 pm			
Q 207 Par	kside Drive, waterdown,			4:00 PM	2:43	4:45 pm		
flambar	ough.membership@ymcał			4:30 PM				
💿 flambor	ougn.membersnip@ymcor	ibb.cu		5:00 PM 5:30 PM		Sports Adventure (Ages 3-5)		
(e) 905-690				6:00 PM		5:30-6:15 pm		
6 402-04(J-3555			0.00 PM			D. 16	
				6:30 PM		(Ages 6-12)	Boot Camp 6:00-6:45	
				7:00 PM	6:30-	7:30 pm	TRX	Yoga
				7:30 PM			7:00 - 7:45 pm	7:00-8:00
De sistere d'Ore surges	Registered Child and Youth Programs			8:00 PM		Open Gym Ages)		
Registered Programs	_ · · · ·	Drop in Recreational Prog	rams			9:00pm		
Drop In Group Fitness	Open Swims (Lap or Leisure)			8:30 PM				
				I GOUDAN				

9:00 PM

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



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TUESDA	Y				
JDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
			Lane Swim		
			6:00 - 8:15 am		
			Aqua Fit 8:30-9:15 am		
andTone	Summer Fun 101	CummerFun 101			
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	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30-12:45pm	
			Aqua Fit		
	Balar		1:00 - 1:45 pm		
	1:00-2:	oo pm	Open?Lane Swim 2:00-3:45 pm	Open Swim 2:00 -345 pm	
'oga			Swim Lessons 4:00-7:30 pm	Swim Lessons 4:00-7:30 pm	
8:00 pm			Master Swim 7:45-8:45 pm	Open Swim	
			Lane Swim 8:45 pm - 9:15 pm	7:45-8:45 pm	
			Pool Closes	at 9:15 pm	

				WEDNESD	AY								F
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2	GYM 3	STUDIO A	STUDIO
6:00 AM	Strength and 6:10-6:5	Conditioning					_		6:00 AM	Strength and Co	nditioning		
6:30 AM							Lane Swim / Community Rental 6:00 - 8:15 am		6:30 AM	6:10-6:55			
7:00 AM 7:30 AM	NEW Pickle						-		7:00 AM	NEW TIME!	Open Gym		
8:00 AM	7:15-8:	30 am							7:30 AM	Pickleball 7:15-8:30am	(All Ages) 7:15 - 8:45 am		
8:30 AM 9:00 AM		-					Aqua Fit 8:30-9:15 am		8:00 AM				
9:30 AM	HII 9:15-10		CORE FIT 9:30 - 10:00 am						8:30 AM				
10:00 AM	Summer	Fun 101			Summer Fun 101 (Ages 7-12)	Summer Fun 101 (Ages 4-6)			9:00 AM 9:30 AM	Body Fit 9:15-10:00 am			Yoga
10:30 AM 11:00 AM	10:15 - 1			Yoga 10:30- 11:30 am	9:00 am - 12:00 pm	9:00 am - 12:00 pm	Open/Lane Swim		10:00 AM				9:30 - 10:30
11:30 AM	Wall	< Fit					9:30 - 12:45 pm	Open Swim 9:30-12::45 pm	10:30 AM	Summer Fun 101 10:15 - 11:15 am			
12:00 PM	11:30 - 12								11:00 AM				
12:30 PM	Closed for 12:30 - 1								11:30 AM	Walk Fi 11:30 - 12:1			
1:00 PM							Hydrotherapy 1:00 - 1:45 pm		12:00 PM				
1:30 PM 2:00 PM	Divided O						1.00 - 1. 10 pm		12:30 PM 1:00 PM				
2:30 PM	(All A 1:00-4:	qes)					Open/Lane Swim	Open Swim	1:30 PM	NEW TIN Pickleba	all		
3:00 PM 3:30 PM	1:00-4:	30 pm					2:00-3:45 pm	2:00 -3:45 pm	2:00 PM	12:45 - 2:30 pm			
4:00 PM									2:30 PM				
4:30 PM									3:00 PM				
5:00 PM	Karate Fundamer								3:30 PM				
5:30 PM	5:00-5:	45 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	4:00 PM				
6:00 PM	Karate Fundamer						_		4:30 PM 5:00 PM	Divided Open Gym (All Ages)			
6:30 PM	6:00-6:	45 pm		Queenax - Fitness Floor* 6:30-7:15pm					5:30 PM				
7:00 PM	Karate Advance		Zumba	Yang/Yin Yoga					6:00 PM				
7:30 PM	7:00 - 7:	45 pm	7:15-8:15 pm	7:00-8:00 pm			Aqua Blast	Open Swim	6:30 PM	2:45 - 9:00			
8:00 PM							7:40-8:25 pm	7:45 -8:45 pm	7:00 PM				
8:30 PM 9:00 PM							Lane Swim 8:30-9:15 pm		7:30 PM				
9:30 PM							Pool Closes	at 9:15 pm	8:00 PM 8:30 PM				
9.30 FIM									9:00 PM				
									9:00 PIVI				
				THURSDA					9:00 PM				SA
600 AM	GYM1&2	GYM 3	STUDIO A	THURSDA STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL	9.00 PM	GYM1&2	GYM 3	STUDIO A	
6:00 AM 6:30 AM	GYM1&2	GYM 3	STUDIO A			MULTIPURPOSE B	_	LEISURE POOL	8:00 AM	Divided Op (All Ag	pen Gym ges)	STUDIO A	
6:30 AM 7:00 AM			STUDIO A			MULTIPURPOSEB	LAP POOL Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:00 AM 8:30 AM	Divided Oy (All As 8:00-8:	pen Gym ges)	STUDIO A	
6:30 AM 7:00 AM 7:30 AM	Divided O	pen Gym	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL	8:00 AM	Divided Op (All A 8:00-8:	ben Gym ges) 45 am ccer Level 1 (Ages 3-5)	Cycle Fit	
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided C (All A 7:00-8 Summer	pen Gym ges) 4/5 am Fun 101	Cycle Fit	STUDIOB		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:00 AM 8:30 AM 9:00 AM	Divided Or (All A 8:00-8: Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am	sen Gym ges) 45 am ccer Level 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit	STUDIO
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FRIDAY DIO B MULTI PURPOSE A MULTIPURPOSE B LAP POOL LEISURE POOL Lane Swim / Community Rental 6:00 - 7:00 am Lane Swim 7:00 - 8:15 am Aqua Fit 8:30 - 9:15 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 0:30 am Open/Lane Swim 9:30 - 12:45 pm Open Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Open/Lane Swim 2:00 - 3:45 pm Open Swim 2:00 - 3:45 pm Private Swim Lesson 4:00 pm - 8:00 pm Private Swim Lesson 4:00 pm - 8:00 pm Lane Swim 8:15 - 9:15 pm

ATURDAY									
DIOB	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL					
			Lane Swim						
			8:00 -8:45 am						
Yoga 11:15 am			Swim Lessons	Swim Lessons					
			9:00 - 1:00 pm	9:00 - 1:00 pm					
	Birthday Party 12:00-2:0	/1 Rental 0 pm							
		- -	Open Swim						
			1:15-2:45 pm						
				Open Swim 1:15 - 5:15					
				Birthday Parties					
			Open/Lane Swim	3:00-4:00 pm					
	Birthday Party 3:00-5:00		2:15-5:15 pm						
			Pool Closes at	:5:15pm					

Pool Closes at 9:15 pm

LITY HOURS

iday: 6:00 am - 9:30 pm

r: 8:00 am - 5:30 pm

8:00 am - 4:00 pm

om (Times May Vary Check In-Branch)

re closed during Swim Lessons.

nutes before facility closure.