



SUNDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am							Lane Swim 8:00 - 8:45 am		
8:30 AM										
9:00 AM	Strength & Conditioning 9:15 - 10:00 am									
9:30 AM										
10:00 AM										
10:30 AM	Family Pickleball 10:30 - 12:00 pm									
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM	Divided Open Gym (All Ages) 12:15 - 3:45pm									
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		

MONDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL	
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM	Pickleball 7:15 - 8:30 am									
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM	Body Fit 9:15 - 10:00 am									
10:00 AM	Summer Fun 101 10:15 - 11:15 am									
10:30 AM										
11:00 AM										
11:30 AM	Walk Fit 11:30 - 12:15 pm									
12:00 PM										
12:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30 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										
5:30 PM										
6:00 PM	New Time - New Location! Boot Camp 6:00 - 6:45 pm									
6:30 PM										
7:00 PM	Zumba 7:15 - 8:15 pm									
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 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 SESSION - Swim and Child and Youth Land Programs

Session	Start to End	Registration Opens
SUMMER 9 Weeks	June 29 - August 30, 2026	June 15, 2026 (for Child and Youth More members) June 22, 2026 (for Child and Youth Core members) June 22, 2026 for Child and Youth Land programs for non-members
FALL 11 Week	September 14- November 26, 2026	August 24, 2026 (for Child and Youth More members) August 31, 2026 (for Child and Youth Core members) August 31, 2026 for Child and Youth Land programs for non-members

TUESDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL	
6:00 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										
9:00 AM	Summer Fun 101 9:00-9:30 am									
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	Pickleball 12:45 - 3:00 pm									
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm									
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM	Floor Hockey (Ages 6 - 9) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 - 6:00 pm								
6:00 PM										
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm									
7:00 PM										
7:30 PM										
8:00 PM	Divided Open Gym (All Ages) 7:45-9:00 pm									
8:30 PM										
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 pm		

Flamborough Family YMCA
 207 Parkside Drive, Waterdown, ON
 flamborough.membership@ymcahbb.ca
 905-690-3555

Registered Programs	Registered Child and Youth Programs	Youth Programs
Drop In Group Fitness	Open Swims (Lap or Leisure)	Recreational Sports

WEDNESDAY

FRIDAY

	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am								
6:30 AM								Lane Swim / Community Rental 6:00 - 8:15 am	
7:00 AM	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	HIIT 9:15 - 10:00 am								
9:30 AM				New Location! CORE FIT 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 - 10:45 am	
10:00 AM	Summer Fun 101 10:15 - 11:15 am								
10:30 AM				New Location! Yoga 10:30 - 11:30 am					
11:00 AM								Lane Swim 10:45-12:45 pm	Open Swim 9:30 - 12:45pm
11:30 AM	Walk Fit 11:30 - 12:15 pm								
12:00 PM					Chair Yoga 12:00 - 12:45 pm				
12:30 PM	Divided Open Gym (All Ages) 12:30 - 3:45 pm								
1:00 PM								Aquafit 1:00 - 1:45 pm	
1:30 PM								Hydrotherapy 2:00 - 2:45 pm	
2:00 PM									
2:30 PM								Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 - 3:45 pm
3:00 PM									
3:30 PM	Family Open Gym Parented Play 4:00 - 5:45 pm								
4:00 PM									
4:30 PM									
5:00 PM					New Class! Power Spin 5:15 - 5:45 pm		Discovery Den (Ages 3-5) 5:00 - 5:45 pm		
5:30 PM									
6:00 PM								Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:30 PM	New! Open Volleyball 6:00 - 7:30 pm				New! Youth Sports Enhancement (Birth Years 2014-16 Ages 10-12) 6:30 pm - 7:15 pm		Queenax - Fitness Floor* 6:00-6:45 pm	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm	
7:00 PM									
7:30 PM									
8:00 PM								Aqua Blast 7:45-8:30 pm	Open Swim 7:45 - 9:00 pm
8:30 PM									
9:00 PM								Lane Swim 8:30 - 9:15 pm	

	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am								
6:30 AM								Lane Swim / Community Rental 6:00 - 8:15 am	
7:00 AM	Pickleball 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 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								
9:30 AM				Yoga 9:30 - 10:30 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 - 10:45 am	
10:00 AM	Summer Fun 101 10:15 - 11:15 am								
10:30 AM									
11:00 AM									
11:30 AM	Walk Fit 11:30 - 12:15 pm								New Class! Fitness Fusion Express (running July 10-Aug 14) 11:30 - 12:00pm
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
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4:00 PM									
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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									

THURSDAY

SATURDAY

	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE 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								Aqua Fit 8:30 - 9:15 am	
9:00 AM	Summer Fun 101 9:00-9:30 am		Cycle Fit 9:15-10:00 am				Child Minding (Ages 3 m - 5yrs) 9:00-10:15 am	Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30-10:45 am
9:30 AM		VIPR 9:15-10:00 am		Yoga 9:30 - 10:30 am	Summer Fun 101 (Ages 7-12) (9:00-12:00 pm)	Summer Fun 101 (Ages 4-6) 9:00-12:00 pm			
10:00 AM	Strength & Conditioning 10:15 - 11:00 am						Child Minding (Ages 3 m - 5yrs) 10:15-11:30 am		
10:30 AM									
11:00 AM				Pilates Inferno 11:00 - 12:00 pm				Lane Swim 10:45-12:45 pm	Splashes 11:00 - 12:00 pm
11:30 AM	Gentle Fit 11:30 - 12:15 pm								Open Swim 12:00-12:45 pm
12:00 PM									
12:30 PM	Pickleball 12:45 - 3:00 pm							Aqua Fit 1:00 - 1:45 pm	
1:00 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	Divided Open Gym (All Ages) 3:15- 4:45 pm								
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Basketball Level 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball (Ages 3-5) 5:15 pm - 6:00 pm							Swim Lessons 4:00 - 7:30 pm
5:30 PM									
6:00 PM			Cycle & Strength 6:00 - 7:00 pm	New Class! Pilates 6:15 - 7:00 pm					
6:30 PM	Basketball Lvl. 2 (Ages 10-12) 6:30 - 7:30 pm								
7:00 PM					New! Youth Sports Enhancement (Birth Years 2011-13 Ages 13-15) 6:30 - 7:15 pm		Artistry (Ages 6-9) 6:30 - 7:30 pm		
7:30 PM			Summer Class! Zumba 7:15 - 8:15 pm						
8:00 PM									
8:30 PM									

	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am							Lane Swim 8:00 - 8:45 am	
8:30 AM									
9:00 AM	Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am						
9:30 AM									
10:00 AM	Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am	Soccer Lvl 1 (Ages 3-5) 10:15 - 11:00 am	New Class! Fitness Fusion 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am	New! Youth Sports Enhancement (Birth Years 2014-2016 Ages 12 -14) 10:00 - 10:45 am			Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm								
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm							Open Swim (Full Pool) 12:45 - 2:45 pm	Open Swim (Parent and Child) 12:45- 3:45 pm
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm								
3:30 PM									
4:00 PM	Divided Open Gym (All Ages) 4:15- 5:15 pm							Lane Swim 2:45-5:15 pm	*Birthday Party Swims
4:30 PM									
5:00 PM									

FACILITY HOURS

Monday - Friday: 6:00 am - 9:30 pm

Saturday: 8:00 am - 5:30 pm

Sunday: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)

Sauna & Whirlpool are closed during Swim Lessons.

Pool closes 15 minutes before facility closure.