

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM	Divided Open Gym All ages 8:00 - 1:45						Lane Swim 8:00 - 8:45 am	
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
4:00 PM	GYM Closes at 1:45 pm						Open/Lane Swim 9:00 - 1:45 pm	Open Swim 9:00 - 1:45 pm
							POOL Closes at 1:45 pm	

CLOSED
MONDAY, APRIL 6, 2026
RE-CHARGE YOUR SPARK - STAFF APPRECIATION DAY

Child Minding Time Slots:
Monday - Thursday 9:00 - 10:15 am
10:15 - 11:30 am
Closed April 3 and 6, 2026

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555



Registered Programs

Registered Child and Youth Programs

Drop in Recreational Programs

Drop In Group Fitness

Open Swims (Lap or Leisure)

Break week and Easter Weekend

MONDAY, MARCH 30, 2026, 6:00 AM - 9:30 PM

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM			Cycle Fit 6:30-7:15 am				Lane Swim 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	Body Fit 9:15 - 10:00 am						Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45 pm
9:30 AM								
10:00 AM			TRX 9:30-10:15 am					
10:30 AM				Yoga for Strength 10:30 - 11:30 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 - 4:00 pm						Aquafit 1:00 - 1:45 pm	
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM							Hydrotherapy 2:00 - 2:45 pm	
3:00 PM							Open/Lane Swim 2:45-9:15 pm	Open Swim 2:45 - 9:00 pm
3:30 PM								
4:00 PM								
4:30 PM								
4:30 PM	Family Open Gym/ Parented Play 4:00- 7:00 pm							
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM	Zumba 7:15 - 8:15pm							
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 pm

TUESDAY, MARCH 31, 2026, 6:00 AM - 9:30 PM

	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 - 9:30 am						Aqua Fit 8:30 - 9:15 am	
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Cycle Fit 9:15- 10:00 am					
9:30 AM					Barre and Tone 9:30 - 10:15am		Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45pm
10:00 AM								
10:30 AM	Muscle Fit 10:15-11:00 am		Zumba Toning 10:30 - 11:30 am					
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm		Babies & Me 11:30 - 12:15 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								
2:00 PM					Balance + 1:00-2:00 pm		Open/Lane Swim 2:00 - 7:30 pm	Open Swim 2:00 - 9:00 pm
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm							
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM			VIPR 6:15 - 7:00 pm		New Room! Boot Camp 6:00 - 6:45 pm			
7:30 PM			TRX 7:00 - 7:45 pm	New Time! Yoga 7:00-8:00 pm			Masters Swim 7:45 - 8:45 pm	
8:00 PM							Lane Swim 8:45 - 9:15 pm	
8:30 PM								
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 pm

WEDNESDAY, APRIL 1, 2026, 6:00 AM - 9:30 PM

	GYM 1 & 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 - 8:15 am	
6:30 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								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM	Divided Open Gym (All Ages) 12:30 - 3:45 pm							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Family Open Gym/ Parented Play 4:00- 5:45 pm							
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM	New! Open Volleyball 6:00 - 7:30 pm			Queenax - Fitness Floor* 6:15-7:00 pm				
7:00 PM				Yang/Yin Yoga 7:00-8:00 pm				
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

THURSDAY, APRIL 2, 2026, 6:00 AM - 9:30 PM

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	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			Cycle Fit 9:15- 10:00 am	Yoga 9:30 - 10:30 am				
9:30 AM								
10:00 AM	Strength & Conditioning 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								
1:00 PM	Pickleball 12:45 - 3:00 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	Family (Parent and Toddler Play) 5:00 pm - 7:00 pm							
5:30 PM								
6:00 PM			Cycle & Strength 6:00 - 7:00 pm					
6:30 PM								
7:00 PM								
7:30 PM	Divided Open Gym (All Ages) 7:15 - 9:15 pm							
8:00 PM								
8:30 PM								
9:00 PM								
	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

FRIDAY, APRIL 3, 2026, 8:00 AM - 4:00 PM

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM								
8:30 AM								
9:00 AM	Circuit with Diana 9:15-10:00 am							
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 10:15 - 3:45 pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
	GYM Closes at 3:45 pm						POOL Closes at 9:15 pm	

SATURDAY, APRIL 4, 2026, 8:00 AM - 5:30 PM

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM							Lane Swim 8:00 - 8:45 am	
8:30 AM								
9:00 AM	Divided Open Gym (All Ages) 8:00 - 11:00 am		Cycle Fit 9:15 - 10:00 am					
9:30 AM								
10:00 AM			New Class! VIPR 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am				
10:30 AM								
11:00 AM								
11:30 AM	Closed for Cleaning 11:15 am - 12:00 pm							
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							
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							
4:30 PM								
5:00 PM								
	GYM Closes at 5:15 pm						POOL Closes at 5:15 pm	

FACILITY HOURS - AS INDICATED ON DAILY SCHEDULE ABOVE