



	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTI PURPOSE B	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	Strength & Conditioning 9:15 - 10:00 am		Cycle Fit 9:00-10:00 am					
9:00 AM	Family Pickleball 10:30 - 12:00 pm						Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
9:30 AM			TRX 10:15 - 11:00 am					
10:00 AM								
10:30 AM	Divided Open Gym (All Ages) 12:15 - 3:45pm						Open/Lane Swim 12:45 - 2:15 pm	Open Swim 12:45 - 3:45 pm
11:00 AM								
11:30 AM							Open Swim 2:15 - 3:45 pm	
12:00 PM								
12:30 PM								
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	

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.

Agnes 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.

SPRING SESSION - Swim and Child and Youth Land Programs

Session	Start to End	Registration Opens
Spring 11 Week	April 7 to June 21 <small>*Programs will not run during the week of March Break</small>	March 23, 2026 (for Child and Youth More members) March 30, 2026 (for Child and Youth Core members) March 30, 2026 for Child and Youth Land programs for non-members
Summer 11 Week	June 29 - August 30	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

Child Minding Time Slots:
Monday - Friday 9:00 - 10:15 am
10:15 - 11:30 am

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)	

MONDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTI PURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:30 am						Lane Swim 6:00 - 8:15 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								
10:00 AM								Open Swim 9:30 - 10:45 am
10:30 AM							Open/Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm
11:00 AM								Open Swim 12:00-12:45 pm
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM							AquaFit 1:00 - 1:45 pm	
1:30 PM								
2:00 PM							Hydrotherapy 2:00 - 2:45 pm	
2:30 PM								
3:00 PM	Divided Open Gym (All Ages) 12:30 - 6:45 pm						Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 - 3:45 pm
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM	Zumba 7:15 - 8:15pm						Adult Swim Lessons (1 lane) 7:30-8:00 pm	Open Swim 7:45-9:00 pm
8:00 PM								
8:30 PM							Lane Swim 7:45 - 9:15 pm	
9:00 PM								
	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

TUESDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTI PURPOSE B	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 - 9:30 am							
7:30 AM								
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM	Muscle Fit 10:15-11:00 am							
10:30 AM							Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45pm
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM							Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 12:45 - 3:00 pm							
2:00 PM							Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 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	Soccer (Ages 6 - 9) 5:15 - 6:15 pm	Soccer (Ages 3-5) 5:15 - 6:00 pm						
5:30 PM								
6:00 PM							Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 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						Masters Swim 7:45 - 8:45 pm	Open Swim 7:45 - 9:00 pm
8:30 PM							Lane Swim 8:45 - 9:15 pm	
9:00 PM								
	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

WEDNESDAY

	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									
1:30 PM	Divided Open Gym (All Ages) 12:30 - 3:45 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									
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm		

THURSDAY

	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								
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM			Cycle Fit 9:15- 10:00 am						
9:30 AM				Yoga 9:30 - 10:30 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	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	Volleyball Level 1 (Ages 6-9) 5:15 pm - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 pm - 6:00 pm							
5:30 PM									
6:00 PM			Cycle & Strength 6:00 - 7:00 pm						
6:30 PM	Volleyball Lvl 2 (Ages 10-12) 6:30 - 7:30 pm								
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm		

FRIDAY

	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 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 am						
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Body Fit 9:15-10:00 am							
9:30 AM								
10:00 AM			Zumba 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	Pickleball 12:45 - 3:00pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 3:15-9:30 pm							
4:00 PM								
4:30 PM								
5:00 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

SATURDAY

	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 - 8:45 am						Lane Swim 8:00 - 8:45 am	
8:30 AM								
9:00 AM	Basketball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	Basketball Lvl 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am					
9:30 AM								
10:00 AM	Basketball Lvl 2 (Ages 10-12) 10:15-11:15 am		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								
1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 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								
5:30 PM	GYM Closes at 5:15 pm						POOL Closes at 5:15 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.