



# Flamborough Family YMCA

## HOLIDAY SCHEDULE

### **FACILITY HOURS**

### **Victoria Day**

**Monday, May 18, 2026**  
**8:00 am - 2:00 pm**

#### **Group Fitness Schedule**

##### HIIT Circuit

with Diana

9:15 - 10:00 am

#### **Pool Schedule**

##### Lap Pool

8:00 - 8:45 am Lane Swim

9:00 - 1:45pm Open Swim

##### Leisure Pool

Open Swim

9:00 - 1:45 pm

**\*Child and Youth Programming and  
Swim Lessons will not be running**



Shine On