0.00.111			SUNDAY			Flami	borough F	amily YM	1CA - Sche	dule at a C	lance: Sep	t. 8 - Dec.	21, 2025	V
		GYM 3 STUDIO A STUDI	O B MULTI PURPOSE A MULTIPURPOSE	B LAP POOL	LEISURE POOL		_	•	ile - September 8		-			
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am	Cycle Fit		Lane Swim 8:00 - 8:45 am						MONDA	Υ			Shine On
9:00 AM	Strength & Conditionin	8:45am - 9:45 am					GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAP POOL	LEISURE POOL
9:30 AM	9:15 - 10:00 am					6:00 AM 6:30 AM								
10:00 AM 10:30 AM		TRX 10:15 - 11:00 am		_	Suim Lassans				Cycle Fit 6:30-7:15 am				Lane Swim	
11:00 AM				Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 1:2:30 pm	7:00 AM 7:30 AM		ileball					6:00 - 8::15 am	
11:30 AM	Family Pickleball 10:30 - 12:00 pm		Line Dancing			8:00 AM	7.15 - 6	8:30 am						
12:00 PM	·		11:30-12:30 pm			8:30 AM 9:00 AM	Boo	dy Fit					Aqua Fit 8:30 - 9:15 am	
12:30 PM						9:30 AM		0:00 am	TRX					Open Swim
1:00 PM 1:30 PM	Divided Open Gym			Open/Lane Swim 12:45p - 2:15 pm	Open Swim	10:00 AM 10:30 AM			9:30-10:15 am	Yoga for Strength				9:30 -10:45 am
2:00 PM	(All Ages) 12:15 - 3:345pm				12:45p - 3:45 pm	11:00 AM				10:30 - 11:30 am			Open/Lane Swim	Splashers
2:30 PM 3:00 PM	12.13			Open Swim 2:15 - 3:45 pm		11:30 AM 12:00 PM		ılk Fit 12:15 pm	New Class!				9:30 - 12:45 pm	11:00 - 12:00 pm
3:30 PM					2000 at 7:45 mm	12.001141		or Cleaning	(starting Oct. 27) Cognitive Groove					Open Swim
4:00 PM		CM/IM ADM	ISSION CRITERIA	POOLCE	oses at 3:45 pm	12:30 PM	12:30 -	1:00 pm	12:00 - 12:45 pm					12:00-12:45 pm
		2MIM ADM	11551ON CRITERIA			1:00 PM							Aquafit	
						1:30 PM 2:00 PM							1:00 - 1:45 pm <b>New Class!</b>	
Dorticies -	nto undov mercat ba	sivon a unisthand nuise to sector	ng the neel			2:30 PM							Hydrotherapy 2:00 - 2:45 pm	
-		given a wristband prior to enteri	ng tne pool. an (min. 16 years of age) in the wa	stor within ama'-	roach at all time	3:00 PM	Divided C	Open Gym					New Time! Open/Lane Swim	New Time! Open Swim
	-					3:30 PM	(All A	Ages) 6:45 pm					2:45 - 3:45pm	2:45 -3:45 pm
_	wno cannot pass i ch at all times.	the swim test must be accompant	led by a parent/guardian (min. 16	years or age) in th	ie water Within	4:00 PM 4:30 PM								
		low water or doop and with a life	inglest. Must be supervised by new	nt/muordian (min	16 years of	5:00 PM			Zumba Kids JR			ntals (Ages 6 - 12)		
	•	- ·	jacket. Must be supervised by pare	ent/guardian (mir	i. 16 years of	5:30 PM			(Ages 3-5) 5:15 - 6:00pm	0 1 1 1 1 1 1 1 1 1 1 1	5:00 - 5	5:45 pm 	Swim Lessons 4:00 - 7:30 pm	Swim Lessons
_	ne pool area (visua		de a conine toot			6:00 PM			Zumba Kids (Ages 6-12)	Back to Living Well (Fitness Floor)	Karate Advance		4:00 - 7:30 pm	4:00 - 7:30 pm
_	•	ywhere in the pool after passing t		l there is avestion	no of the	6:30 PM			6:15 - 7:00pm	6:15 - 7:30 pm	6:00 - 6	o:45 pm		
_		ask for demonstration of particip	pant's swimming ability if they fee	i there is question	ns or the	7:00 PM		mba						
participa	nt's safety.					7:30 PM 8:00 PM	7:15 -	8:15pm					Lane Swim	Open Swim 7:45-9:00 pm
		FALL REGISTRAT	ION DATES - AQUATICS			8:30 PM							7:45-9:15 pm	7.43 3.00 pm
	Session	Start to End	Regi	tration Opens		9:00 PM	GYM Close	s at 9:15 pm					POOL Close	ses at 9:15 pm
1	F-11	September 8 - December 21		August 25						TUESDA	Y			
1	Fall 15 Weeks	*No Lessons on Halloween and Thanksgiving Day		tagast 25			GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
		FALL REGISTRATION DATES	- Child and Youth LAND PROGRAMS			6:00 AM								
	Session	Start to End	Registration Opens Members	Non-Me	mbers	6:30 AM 7:00 AM							Lane Swim 6:00 - 8:15 am	
		September 8 - November 2	August 18	Augus	et 25	7:30 AM	Divided (	Open Gym						
<b>_</b>	Fall 1	*No Lessons on Halloween and Thanksgiving Day				8:00 AM 8:30 AM		Ages) 9:30 am					Aqua Fit	
<u> </u>	Fall 2  Karate	November 3 - December 21 September 8 - December 21	August 18 August 18	Augus Augus		9:00 AM			Cycle Fit				8:30 - 9:15 am	
	Rarate		nding Time Slots:	, lugus	SC 25	9:30 AM 10:00 AM			9:15- 10:00 am		Barre ar 9:30 - 1	nd Tone 10:15am		
			iday 9:00 - 10:15 am					scle Fit 11:00 am	Zumba Toning					
			10:15 - 11:30 am			10:30 AM 11:00 AM			10:30 - 11:30 am				Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45pm
						11:30 AM		ntle Fit		Babies & Me				
						12:00 PM	11:30 -	- 12:15 pm		11:30 -12:15 pm				
						12:30 PM 1:00 PM	_						Aqua Fit	
•	Flamboro	ugh Family YMCA	1:30 PM		kleball - 3:00 pm			Balar 1:00-2		1:00 - 1:45 pm				
				2:00 PM 2:30 PM					150 2		Open/Lane Swim	Open Swim		
		side Drive, Waterdow	n, ON			3:00 PM 3:30 PM		Open Gym .Ages)					2:00 -3:45 pm	2:00 -345 pm
•	20/ Parks					4:00 PM	3:15 -	4:45 pm						
•			sabbb sa							1	1			
•		ugh.membership@ymo	cahbb.ca			4:30 PM								
	flamborou	ugh.membership@ymc	cahbb.ca				Sports Adventure (Ages 6 - 12)	Sports Adventure (Ages 3-5)					Suring Law	Continue Laurence
	flamborou	ugh.membership@ymc	cahbb.ca			4:30 PM 5:00 PM							Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
	flamborou	ugh.membership@ymc	cahbb.ca			4:30 PM 5:00 PM 5:30 PM 6:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm	(Ages 3-5) 5:30 -6:15 pm	Boot Camp	Back to Living Well (Fitness Floor)			Swim Lessons 4:00 - 7:30 pm	
	flamborou	ugh.membership@ymc	cahbb.ca			4:30 PM 5:00 PM 5:30 PM 6:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb	(Ages 3-5)	6:00-6:45	<b>(Fitness Floor)</b> 6:00 - 7:30 pm			Swim Lessons 4:00 - 7:30 pm	
	flamborou 905-690-	ugh.membership@ymc				4:30 PM 5:00 PM 5:30 PM 6:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb 6:30 -	(Ages 3-5) 5:30 -6:15 pm (Ages 6-12) -7:30 pm		(Fitness Floor)			Swim Lessons 4:00 - 7:30 pm Master Swim	4:00 - 7:30 pm  Open Swim
<u>©</u>	flamborou 905-690-	ugh.membership@ymo	Drop in Recreational Programs			4:30 PM 5:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb 6:30 -	(Ages 3-5) 5:30 -6:15 pm (Ages 6-12) 7:30 pm Open Gym Ages)	6:00-6:45 TRX	(Fitness Floor) 6:00 - 7:30 pm			4:00 - 7:30 pm 	4:00 - 7:30 pm
Registered P	flamborou 905-690-	ugh.membership@ymc.3555				4:30 PM 5:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb 6:30 -	(Ages 3-5) 5:30 -6:15 pm (Ages 6-12) -7:30 pm	6:00-6:45 TRX	(Fitness Floor) 6:00 - 7:30 pm			4:00 - 7:30 pm Master Swim	4:00 - 7:30 pm  Open Swim

				WEDNEST	DAY								FRIDAY				
	GYM182	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM182	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Condi 6:10-6:55 am						Lane Swim / Community		6:00 AM	Strength and Condit	litioning					Lane Swim / Community Rental	
6:30 AM	0.10-0.55 df1	''					Rental 6:00 - 8:15 am		6:30 AM	6:10-6:55 am	1					6:00 - 7:00 am	
7:00 AM 7:30 AM	Pickleball 7:15 - 8:30 an						0.00 - 0.13 am		7:00 AM	Pickleball	Open Gym					Lane Swim 7:00 - 8:15 am	
8:00 AM	7.13 - 6.30 an	"							7:30 AM	7:15 9:20am	(All Ages) 7:15 - 8:45 am					7.00 0.15 am	
8:30 AM 9:00 AM	HIIT						Aqua Fit 8:30 - 9:15 am		8:00 AM 8:30 AM							Aqua Fit	
9:30 AM	9:15 - 10:00 ar	am	CORE FIT 9:30 - 10:00 am						9:00 AM	Body Fit						8:30 - 9:15 am	
10:00 AM 10:30 AM									9:30 AM	9:15-10:00 am	m			Yo	oga		
10.507111					Yc 10:30-	oga 11:30 am	0 " 0 "		10:00 AM			Zumba 10:15 - 11:15 am		9:30 - 1	.0:30 am		
11:00 AM							Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12::45 pm	10:30 AM			10.15 11.15 (11)				Open/Lane Swim	Open Swim
11:30 AM 12:00 PM	Walk Fit 11:30 - 12:15 p	om	New Class!						11:00 AM 11:30 AM	Walk Fit						9:30 - 12:45 pm	9:30 -12:45 pm
	Closed for Clear 12:30 - 1:00 p	ning	Cognitive Groove 12:00 pm - 12:45 pm			r Yoga 12:45 pm			12:00 PM	11:30 - 12:15 pr	om						
12:30 PM 1:00 PM	12.30 - 1.00 p	JIII					Aquafit		12:30 PM								
1:30 PM							1:00 - 1:45 pm		1:00 PM	Dieldehell						Aqua Fit 1:00 - 1:45 pm	
2:00 PM	Divided Open G						New Class! Hydrotherapy		1:30 PM 2:00 PM	Pickleball 12:45 - 3:00pm	m					200 200 200	
2:30 PM 3:00 PM	(All Ages) 1:00 - 4:30 pr						2:00 - 2:45 pm <b>New Time!</b>	New Time!	2:30 PM							Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
3:30 PM							Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm	3:00 PM							c. 10 p.11	C. 10 pm
4:00 PM									3:30 PM	Divided Open Gy	svm						
4:30 PM							_		4:00 PM	(All Ages) 3:15-5:45 pm							
5:00 PM 5:30 PM	Karate Fundamentals (A 5:00 - 5:45 pr						Swim Lessons	Swim Lessons	4:30 PM 5:00 PM	5.10 5.40 pm							
							4:00 - 7:30 pm	4:00 - 7:30 pm	5:30 PM							Specialized Swim Lesson 4:00 pm - 8:00 pm	Specialized Swim Lesson 4:00 pm - 7:30 pm
6:00 PM 6:30 PM	Karate Fundamentals (A 6:00 - 6:45 pr			Queenax - Fitness Floor*					6:00 PM	New!							
7:00 PM	Karate Advanced (Age	os 6 12)		6:30-7:15pm Yang/Yin Yoga			_		6:30 PM	Youth Basketball Scrimma (Ages 14-18)							
7:30 PM	7:00 - 7:45 pr		Zumba 7:15- 8:15 pm	7:00-8:00 pm		CLASS!	Aqua Blast	On an Suring	7:00 PM 7:30 PM	6:00 - 8:00 pm	m						
8:00 PM						8:15 pm	7:45-8:30 pm	Open Swim 7:45 -9:00 pm	8:00 PM	Divided Open Gy	Gym					Lane Swim	Open Swim 7:45 - 9:00 pm
8:30 PM 9:00 PM							Lane Swim 8:30 - 9:15 pm		8:30 PM	(All Ages) 8:00 - 9:30 pm	m					7:455 - 9:15 pm	
9:30 PM	GYM Closes at 9:1	15 pm					POOL Close	s at 9:15 pm	9:00 PM	GYM Closes at 9:15	15 pm					POOL Closes	at 9:15 pm
3.30 T M				THURSD	AY								SATURDA	AY			
3.30 TM	GYM182	GYM3	STUDIO A	THURSD STUDIO B	AY MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2	GYM3	STUDIO A	SATURDA STUDIO B	AY  MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	GYM1&2	GYM3	STUDIO A			MULTIPURPOSE B		LEISURE POOL	8:00 AM	GYM1&2 Divided Open G	GYM 3	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM			STUDIO A			MULTIPURPOSE B	LAP POOL  Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM	<b>GYM 1 &amp; 2</b> Divided Open G (All Ages) 8:00 - 8:45 an	GYM 3	STUDIO A			MULTIPURPOSE B		LEISURE POOL
6:00 AM 6:30 AM	Divided Open C (All Ages)	Gym	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL		GYM182  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12)  Soccer	GYM3 Gym m ter Level 1 (Ages 3-5)	Cycle Fit			MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Divided Open C	Gym				MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL	8:30 AM 9:00 AM 9:30 AM	GYM192  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am	<b>GYM3</b> Gym m ter Level 1 (Ages 3-5) 9:00 - 9:45 am				MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open C (All Ages)	Gym	STUDIO A  Cycle Fit 9:15-10:00 am	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM 9:00 AM	GYM1&2  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5)	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided Open C (All Ages) 7:00 - 9:30 ar	Gym nm	Cycle Fit			MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	Open Swirn	8:30 AM 9:00 AM 9:30 AM 10:00 AM	GYM1&2  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am	GYM3 Gym m cer Level 1 (Ages 3-5) 9:00 - 9:45 am Basketball Level 1	Cycle Fit			MULTIPURPOSE B	Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open C (All Ages)	Gym nm	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim		9:30 AM 9:30 AM 9:30 AM 10:00 AM	GYM182  Divided Open G (All Ages) 8:00 - 8:45 an Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 8:00 -8:45 am	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open C (All Ages) 7:00 - 9:30 ar Strength & Condit 10:15 - 11:00 a	Gym am itioning am	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30 -10:45 am Solashers	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM 1 & 2  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Clear 11:15 am - 12:00	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am  aning 0 pm	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open C (All Ages) 7:00 - 9:30 ar	Gym im itioning am	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim 9:30 -10:45 am Splashers 11:00 - 12:00 pm Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM	GYM182  Divided Open G (All Ages) 8:00 - 8:45 an Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am  aning 0 pm  Rental	Cycle Fit	STUDIO B	MULTI PURPOSE A		Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	Divided Open C (All Ages) 7:00 - 9:30 ar Strength & Condit 10:15 - 11:00 a	Gym im itioning am	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -10:45 am Solashers	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	GYM182  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Clear 11:15 am - 12:00  Birthday Party 1 R 12:00 - 1:00 pr	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am  aning 0 pm  Rental	Cycle Fit	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B  Party 1 Rental -2:00 pm	Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 1:00 pm	Swim Lessons
6:00 AM 6:30 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM	Divided Open C (All Ages) 7:00 - 9:30 ar  Strength & Condit 10:15 - 11:00 a  Gentle Fit 11:30 - 12:15 p	Gym im itioning am	Cycle Fit	STUDIO B	MULTI PURPOSE A	ce +	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim	Open Swim 9:30 -10:45 am Splashers 11:00 - 12:00 pm Open Swim	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	GYM18 2  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Clear 11:15 am - 12:00  Birthday Party 1 R 12:00 - 1:00 pr  Divided Open G (All Ages)	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am  aning 0 pm  Rental om	Cycle Fit	STUDIO B	MULTI PURPOSE A	Party 1 Rental	Lane Swim 8:00 -8:45 am Swim Lessons	Swim Lessons
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 1:30 PM 2:00 PM	Divided Open C (All Ages) 7:00 - 9:30 ar Strength & Condit 10:15 - 11:00 a Gentle Fit 11:30 - 12:15 p	Gym im itioning am	Cycle Fit	STUDIO B	MULTI PURPOSE A		Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am  Open/Lane Swim 9:30 - 12:45 pm  Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30 -10:45 am Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM	GYM1 & 2  Divided Open G (All Ages) 8:00 - 8:45 an  Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am  Soccer Level 2 (Ages 6-12) 10:15-11:15 am  Closed for Clear 11:15 am - 12:00  Birthday Party 1 R 12:00 - 1:00 pr  Divided Open G	GYM3  Gym  m  cer Level 1 (Ages 3-5) 9:00 - 9:45 am  Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am  aning 0 pm  Rental om	Cycle Fit	STUDIO B	MULTI PURPOSE A	Party 1 Rental	Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
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