

SUNDAY							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am						Lane Swim 8:00 - 8:45 am
8:30 AM			Cycle Fit 8:45am - 9:45 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		TRX 10:15 - 11:00 am				
11:00 AM							
11:30 AM					Line Dancing 11:30-12:30 pm		
12:00 PM							
12:30 PM	Divided Open Gym (All Ages) 12:15 - 3:345pm						
1:00 PM							
1:30 PM							Open/Lane Swim 12:45p - 2:15 pm
2:00 PM							
2:30 PM							
3:00 PM							Open Swim 2:15 - 3:45 pm
3:30 PM							
4:00 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. 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.

FALL REGISTRATION DATES - AQUATICS				
Session	Start to End	Registration Opens		
Fall 15 Weeks	September 8 - December 21 *No Lessons on Halloween and Thanksgiving Day	August 25		
FALL REGISTRATION DATES - Child and Youth LAND PROGRAMS				
Session	Start to End	Registration Opens	Members	Non-Members
Fall 1	September 8 - November 2 *No Lessons on Halloween and Thanksgiving Day	August 18		August 25
Fall 2	November 3 - December 21	August 18		August 25
Karate	September 8 - December 21	August 18		August 25
Child Minding Time Slots: Monday - Friday 9:00 - 10:15 am 10:15 - 11:30 am				



207 Parkside Drive, Waterdown, ON



flamborough.membership@ymcahbb.ca



905-690-3555


Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Drop in Recreational Programs

Flamborough Family YMCA - Schedule at a Glance: Sept. 8 - Dec. 21, 2025									
(Child and Youth Programs Schedule - September 8-November 2, 2025)								Shine On	
MONDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM							Lane Swim 6:00 - 8:15 am		
6:30 AM			Cycle Fit 6:30-7:15 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		
9:30 AM			TRX 9:30-10:15 am					Open Swim 9:30 -10:45 am	
10:00 AM				Yoga for Strength 10:30 - 11:30 am				Splashers 11:00 - 12:00 pm	
10:30 AM								Open Swim 12:00-12:45 pm	
11:00 AM									
11:30 AM	Walk Fit 11:30 - 12:15 pm								
12:00 PM	Closed for Cleaning 12:30 - 1:00 pm		New Class! (starting Oct. 27) Cognitive Groove 12:00 - 12:45 pm						
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:00 - 6:45 pm						AquaFit 1:00 - 1:45 pm		
1:30 PM									
2:00 PM							New Class! Hydrotherapy 2:00 - 2:45 pm		
2:30 PM									
3:00 PM							New Time! Open/Lane Swim 2:45 - 3:45pm	New Time! Open Swim 2:45 -3:45 pm	
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM				Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm		Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM									
6:00 PM				Zumba Kids (Ages 6-12) 6:15 - 7:00pm	Back to Living Well (Fitness Floor) 6:15 - 7:30 pm	Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm			
6:30 PM									
7:00 PM	Zumba 7:15 - 8:15pm								
7:30 PM									
8:00 PM							Lane Swim 7:45-9:15 pm	Open Swim 7:45-9:00 pm	
8:30 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	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				Aqua Fit 8:30 - 9:15 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	Muscle Fit 10:15-11:00 am								
10:30 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								
1:00 PM									
1:30 PM						Balance + 1:00-2:00 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	Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:30 -6:15 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
5:30 PM									
6:00 PM									
6:30 PM	Y-Climb (Ages 6-12) 6:30 -7:30 pm		Boot Camp 6:00-6:45	Back to Living Well (Fitness Floor) 6:00 - 7:30 pm					
7:00 PM									
7:30 PM	Divided Open Gym (All Ages) 7:45-9:00 pm		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			Master Swim 7:45-8:45 pm	Open Swim 7:45 -9:00 pm	
8:00 PM									
8:30 PM							Lane Swim 8:45 pm - 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 - 7:00 am	
6:30 AM								
7:00 AM	Pickleball 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 am					Lane Swim 7:00 - 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					Yoga 9:30 - 10:30 am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm	
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						Aqua Fit 1:00 - 1:45 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								
3:30 PM	Divided Open Gym (All Ages) 3:15-5:45 pm							
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	New! Youth Basketball Scrimmage League (Ages 14-18) 6:00 - 8:00 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								
7:00 PM								
7:30 PM								
8:00 PM	Divided Open Gym (All Ages) 8:00 - 9:30 pm						Lane Swim 7:45 - 9:15 pm	Open Swim 7:45 - 9:00 pm
8:30 PM								
9:00 PM								
	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

FRIDAY

THURSDAY

	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)						Lane Swim 8:00 - 8:45 am	
8:30 AM	8:00 - 8:45 am							
9:00 AM	Soccer Level 1 (Ages 6-12)	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am				Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
9:30 AM	9:00 - 10:00 am							
10:00 AM								
10:30 AM	Soccer Level 2 (Ages 6-12) 10:15-11:15 am	Basketball Level 1 (Ages 3-5) 10:15 - 11:00 am		Yin Yoga 10:15 - 11:15 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				Birthday Party 1 Rental 12:00 - 2:00 pm			
12:30 PM								
1:00 PM								
1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 1:15 - 2:45 pm	
2:00 PM								Open Swim 1:15 - 5:00 Birthday Parties 3:00- 4:00 pm
2:30 PM								
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm				Birthday Party 2 Rental 3:00-5:00 pm		Open/Lane Swim 2:15-5:15 pm	
3:30 PM								
4:00 PM	Divided Open Gym (All Ages)							
4:30 PM	4:15- 5:15 pm							
5:00 PM								
	GYM Closes at 9:15 pm						POOL Closes at 5:15 pm	

SATURDAY

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.