

| SUNDAY                  |                                                   |       |          |          |                 |                |                             |
|-------------------------|---------------------------------------------------|-------|----------|----------|-----------------|----------------|-----------------------------|
|                         | GYM 1 & 2                                         | GYM 3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL                    |
| 8:00 AM                 | Divided Open Gym<br>(All Ages)<br>8:00 - 8:45 am  |       |          |          |                 |                | Lane Swim<br>8:00 - 8:45 am |
| 8:30 AM                 |                                                   |       |          |          |                 |                |                             |
| 9:00 AM                 | Strength & Conditioning<br>9:15 - 10:00 am        |       |          |          |                 |                |                             |
| 9:30 AM                 |                                                   |       |          |          |                 |                |                             |
| 10:00 AM                |                                                   |       |          |          |                 |                |                             |
| 10:30 AM                | Family Pickleball<br>10:30 - 12:00 pm             |       |          |          |                 |                |                             |
| 11:00 AM                |                                                   |       |          |          |                 |                |                             |
| 11:30 AM                |                                                   |       |          |          |                 |                |                             |
| 12:00 PM                |                                                   |       |          |          |                 |                |                             |
| 12:30 PM                | Divided Open Gym<br>(All Ages)<br>12:15 - 3:345pm |       |          |          |                 |                |                             |
| 1:00 PM                 |                                                   |       |          |          |                 |                |                             |
| 1:30 PM                 |                                                   |       |          |          |                 |                |                             |
| 2:00 PM                 |                                                   |       |          |          |                 |                |                             |
| 2:30 PM                 |                                                   |       |          |          |                 |                |                             |
| 3:00 PM                 |                                                   |       |          |          |                 |                |                             |
| 3:30 PM                 |                                                   |       |          |          |                 |                |                             |
| 4:00 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<br>15 Weeks                                                                 | September 8 - December 21<br>*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<br>*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:<br>Monday - Friday 9:00 - 10:15 am<br>10:15 - 11:30 am |                                                                            |                    |         |             |



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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<br>(Child and Youth Programs Schedule - September 8-November 2, 2025) |                                                  |       |          |          |                 |                |                        |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------|----------|----------|-----------------|----------------|------------------------|--------------|
| MONDAY                                                                                                                                        |                                                  |       |          |          |                 |                |                        |              |
|                                                                                                                                               | 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                                                                                                                                       | Pickleball<br>7:15 - 8:30 am                     |       |          |          |                 |                |                        |              |
| 7:30 AM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 8:00 AM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 8:30 AM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 9:00 AM                                                                                                                                       | Body Fit<br>9:15 - 10:00 am                      |       |          |          |                 |                |                        |              |
| 9:30 AM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 10:00 AM                                                                                                                                      |                                                  |       |          |          |                 |                |                        |              |
| 10:30 AM                                                                                                                                      |                                                  |       |          |          |                 |                |                        |              |
| 11:00 AM                                                                                                                                      |                                                  |       |          |          |                 |                |                        |              |
| 11:30 AM                                                                                                                                      | Walk Fit<br>11:30 - 12:15 pm                     |       |          |          |                 |                |                        |              |
| 12:00 PM                                                                                                                                      | Closed for Cleaning<br>12:30 - 1:00 pm           |       |          |          |                 |                |                        |              |
| 12:30 PM                                                                                                                                      |                                                  |       |          |          |                 |                |                        |              |
| 1:00 PM                                                                                                                                       | Divided Open Gym<br>(All Ages)<br>1:00 - 6:45 pm |       |          |          |                 |                |                        |              |
| 1:30 PM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 2:00 PM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 2:30 PM                                                                                                                                       |                                                  |       |          |          |                 |                |                        |              |
| 3:00 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                                                                                                                                       | Zumba<br>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  |                                                     |                                                 |          |          |                 |                |                        |              |
|----------|-----------------------------------------------------|-------------------------------------------------|----------|----------|-----------------|----------------|------------------------|--------------|
|          | 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<br>(All Ages)<br>7:00 - 9:30 am    |                                                 |          |          |                 |                |                        |              |
| 7:30 AM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 8:00 AM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 8:30 AM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 9:00 AM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 9:30 AM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 10:00 AM | Muscle Fit<br>10:15-11:00 am                        |                                                 |          |          |                 |                |                        |              |
| 10:30 AM |                                                     |                                                 |          |          |                 |                |                        |              |
| 11:00 AM |                                                     |                                                 |          |          |                 |                |                        |              |
| 11:30 AM | Gentle Fit<br>11:30 - 12:15 pm                      |                                                 |          |          |                 |                |                        |              |
| 12:00 PM |                                                     |                                                 |          |          |                 |                |                        |              |
| 12:30 PM | Pickleball<br>12:45 - 3:00 pm                       |                                                 |          |          |                 |                |                        |              |
| 1:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 1:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 2:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 2:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 3:00 PM  | Divided Open Gym<br>(All Ages)<br>3:15 - 4:45 pm    |                                                 |          |          |                 |                |                        |              |
| 3:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 4:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 4:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 5:00 PM  | Sports Adventure<br>(Ages 6 - 12)<br>5:15 - 6:15 pm | Sports Adventure<br>(Ages 3-5)<br>5:30 -6:15 pm |          |          |                 |                |                        |              |
| 5:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 6:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 6:30 PM  | Y-Climb (Ages 6-12)<br>6:30 -7:30 pm                |                                                 |          |          |                 |                |                        |              |
| 7:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 7:30 PM  | Divided Open Gym<br>(All Ages)<br>7:45-9:00 pm      |                                                 |          |          |                 |                |                        |              |
| 8:00 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 8:30 PM  |                                                     |                                                 |          |          |                 |                |                        |              |
| 9:00 PM  | GYM Closes at 9:15 pm                               |                                                 |          |          |                 |                | POOL Closes at 9:15 pm |              |

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

Drop in Recreational Programs

## 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<br>6:10-6:55 am                                          |                                          |          |          |                         |                                   | Lane Swim / Community<br>Rental<br>6:00 - 7:00 am |                                              |
| 6:30 AM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 7:00 AM  | Pickleball<br>7:15-8:30am                                                          | Open Gym<br>(All Ages)<br>7:15 - 8:45 am |          |          |                         |                                   | Lane Swim<br>7:00 - 8:15 am                       |                                              |
| 7:30 AM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 8:00 AM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 8:30 AM  |                                                                                    |                                          |          |          |                         |                                   | Aqua Fit<br>8:30 - 9:15 am                        |                                              |
| 9:00 AM  | Body Fit<br>9:15-10:00 am                                                          |                                          |          |          |                         |                                   |                                                   |                                              |
| 9:30 AM  |                                                                                    |                                          |          |          | Yoga<br>9:30 - 10:30 am | Open/Lane Swim<br>9:30 - 12:45 pm | Open Swim<br>9:30 -12:45 pm                       |                                              |
| 10:00 AM |                                                                                    | Zumba<br>10:15 - 11:15 am                |          |          |                         |                                   |                                                   |                                              |
| 10:30 AM |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 11:00 AM |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 11:30 AM | Walk Fit<br>11:30 - 12:15 pm                                                       |                                          |          |          |                         |                                   |                                                   |                                              |
| 12:00 PM |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 12:30 PM | Pickleball<br>12:45 - 3:00pm                                                       |                                          |          |          |                         |                                   |                                                   |                                              |
| 1:00 PM  |                                                                                    |                                          |          |          |                         | Aqua Fit<br>1:00 - 1:45 pm        |                                                   |                                              |
| 1:30 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 2:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 2:30 PM  |                                                                                    |                                          |          |          |                         | Open/Lane Swim<br>2:00 - 3:45 pm  | Open Swim<br>2:00 - 3:45 pm                       |                                              |
| 3:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 3:30 PM  | Divided Open Gym<br>(All Ages)<br>3:15-5:45 pm                                     |                                          |          |          |                         |                                   |                                                   |                                              |
| 4:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 4:30 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 5:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 5:30 PM  | <b>New!</b><br>Youth Basketball Scrimmage League<br>(Ages 14-18)<br>6:00 - 8:00 pm |                                          |          |          |                         |                                   | Specialized Swim Lesson<br>4:00 pm - 8:00 pm      | Specialized Swim Lesson<br>4:00 pm - 7:30 pm |
| 6:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 6:30 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 7:00 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 7:30 PM  |                                                                                    |                                          |          |          |                         |                                   |                                                   |                                              |
| 8:00 PM  | Divided Open Gym<br>(All Ages)<br>8:00 - 9:30 pm                                   |                                          |          |          |                         |                                   | Lane Swim<br>7:45 - 9:15 pm                       | Open Swim<br>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<br>(All Ages)             |                                |                 |                  |                         |                | Lane Swim<br>8:00 - 8:45 am    |                                                               |
| 8:30 AM  | 8:00 - 8:45 am                             |                                |                 |                  |                         |                |                                |                                                               |
| 9:00 AM  | Soccer Level 1<br>(Ages 6-12)              | Soccer Level 1 (Ages 3-5)      | Cycle Fit       |                  |                         |                | Swim Lessons<br>9:00 - 1:00 pm | Swim Lessons<br>9:00 - 1:00 pm                                |
| 9:30 AM  | 9:00 - 10:00 am                            | 9:00 - 9:45 am                 | 9:15 - 10:00 am |                  |                         |                |                                |                                                               |
| 10:00 AM |                                            |                                |                 |                  |                         |                |                                |                                                               |
| 10:30 AM | Soccer Level 2 (Ages 6-12)                 | Basketball Level 1             |                 | Yin Yoga         |                         |                |                                |                                                               |
| 11:00 AM | 10:15-11:15 am                             | (Ages 3-5)<br>10:15 - 11:00 am |                 | 10:15 - 11:15 am |                         |                |                                |                                                               |
| 11:30 AM | Closed for Cleaning<br>11:15 am - 12:00 pm |                                |                 |                  |                         |                |                                |                                                               |
| 12:00 PM | Birthday Party 1 Rental                    |                                |                 |                  | Birthday Party 1 Rental |                |                                |                                                               |
| 12:30 PM | 12:00 - 1:00 pm                            |                                |                 |                  |                         |                |                                |                                                               |
| 1:00 PM  | Divided Open Gym                           |                                |                 |                  |                         |                | Open Swim                      | Open Swim<br>1:15 - 5:00<br>Birthday Parties<br>3:00- 4:00 pm |
| 1:30 PM  | (All Ages)                                 |                                |                 |                  |                         |                |                                |                                                               |
| 2:00 PM  | 1:15-2:30 pm                               |                                |                 |                  |                         |                |                                |                                                               |
| 2:30 PM  |                                            |                                |                 |                  |                         |                |                                |                                                               |
| 3:00 PM  | Birthday Party 2 Rental                    |                                |                 |                  | Birthday Party 2 Rental |                | Open/Lane Swim                 |                                                               |
| 3:30 PM  | 3:00 - 4:00 pm                             |                                |                 |                  |                         |                |                                |                                                               |
| 4:00 PM  | Divided Open Gym                           |                                |                 |                  |                         |                |                                |                                                               |
| 4:30 PM  | (All Ages)                                 |                                |                 |                  |                         |                |                                |                                                               |
| 5:00 PM  | 4:15- 5:15 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.