

SUNDAY								
	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		Cycle Fit 8:45am - 9:45 am				Lane Swim 8:00 - 8:45 am	
8:30 AM								
9:00 AM	Strength & Conditioning 9:15 - 10:00 am						Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 1:2:30 pm
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								
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 12:15 - 3:45pm						Open/Lane Swim 12:45p - 2:15 pm	Open Swim 12:45p - 3:45 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. 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

<div></div> Registered Programs	<div></div> Registered Child and Youth Programs	<div></div> Drop in Recreational Programs
<div></div> Drop In Group Fitness	<div></div> Open Swims (Lap or Leisure)	

Flamborough Family YMCA - Schedule at a Glance: Sept. 8 - Dec. 21, 2025

(Child and Youth Programs Schedule - September 8-November 2, 2025)

MONDAY								Shine On		
	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										
7:00 AM	Pickleball 7:15 - 8:30 am		Cycle Fit 6:30-7:15 am							
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	Body Fit 9:15 - 10:00 am							Aqua Fit 8:30 - 9:15 am		
9:30 AM				TRX 9:30-10:15 am				Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -10:45 am	
10:00 AM										
10:30 AM					Yoga for Strength 10:30 - 11:30 am					
11:00 AM										
11:30 AM	Walk Fit 11:30 - 12:15 pm									Splashers 11:00 - 12:00 pm
12:00 PM	Divided Open Gym (All Ages) 12:30 - 6:45 pm		New Class! (starting Oct. 27) Cognitive Groove 12:00 - 12:45 pm					Open Swim 12:00-12:45 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										
4:30 PM										
5:00 PM										
5:30 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
6:00 PM					Zumba Kids (Ages 6-12) 6:15 - 7:00pm		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										
8:30 PM										
9:00 PM								Lane Swim 7:45-9:15 pm	Open Swim 7:45-9:00 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	Pickleball 12:45 - 3:00 pm							
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM					Balance + 1:00-2:00 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								Swim Lessons 4:00 - 7:30 pm
5:00 PM	Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 -6:00 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) 6:15 - 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 - 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	H I I T 9:15 - 10:00 am									
9:30 AM			CORE FIT 9:30 - 10:15 am							
10:00 AM										
10:30 AM										
11:00 AM										
11:30 AM	Walk Fit 11:30 - 12:15 pm						Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm		
12:00 PM										
12:30 PM		New Class! Cognitive Groove 12:00 pm - 12:45 pm								
1:00 PM										
1:30 PM	Divided Open Gym (All Ages) 12:30 - 4:30 pm									
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM	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	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm									
6:30 PM				Queenax - Fitness Floor* 6:30-7:15pm						
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15- 8:15 pm	Yang/Yin Yoga 7:00-8:00 pm						
7:30 PM					NEW CLASS! Line Dancing 7:30 - 8:15 pm		Aqua Blast 7:45-8:30 pm	Open Swim 7:45 -9:00 pm		
8:00 PM										
8:30 PM							Lane Swim 8:30 - 9:15 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				Aqua Fit 8:30 - 9:15 am			
9:30 AM				Yoga 9:30 - 10:30 am						
10:00 AM	Strength & Conditioning 10:15 - 11:00 am						Open/Lane Swim 9:30 -12:45 pm	Open Swim 9:30 -10:45 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						Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 -3:45 pm		
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM	Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball Lvl 1 (Ages 3-5) 5:15 pm - 6:00 pm				Art Spark (Ages 3-5) 5:00 - 5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm		
6:00 PM										
6:30 PM	Basketball Lvl. 2 (Ages 9-12) 6:30 - 7:30 pm					Artistry (Ages 10 - 14) 6:00 -7:30 pm				
7:00 PM										
7:30 PM	Basketball Lvl. 3 (Ages 10-12) 7:45-8:45 pm									
8:00 PM								Master Swim 7:45-8:45 pm	Open Swim 7:45 -9:00 pm	
8:30 PM										
9:00 PM								Lane Swim 8:45 pm - 9:15 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 - 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									
10:00 AM			Zumba 10:15 - 11:15 am		Yoga 9:30 - 10:30 am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm		
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									
6:00 PM	New! Youth Basketball Scrimmage League (Ages 14-18) 6:00 - 8:00 pm								
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM	Divided Open Gym (All Ages) 8:00 - 9:30 pm								
8:30 PM									
9:00 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	Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am	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										
10:00 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						
10:30 AM										
11:00 AM	Closed for Cleaning 11:15 am - 12:00 pm									
11:30 AM	Birthday Party 1 Rental 12:00 - 1:00 pm									
12:00 PM										
12:30 PM										
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 1:15 -2:45 pm	Open Swim 1:15 - 5:00 Birthday Parties 3:00- 4:00 pm		
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm						Open/Lane Swim 2:45-5:15 pm			
3:30 PM										
4:00 PM	Divided Open Gym (All Ages) 4:15- 5:15 pm									
4:30 PM										
5:00 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.	