			SUI	NDAY			Flamb	orough F	amily YM	CA - Sched	lule at a G	lance: Sep	t. 8 - Dec.	21, 2025	
0.00.1::	GYM1&2		IDIO A STUDIO B	MULTI PURPOSE A MULTIPURPOS	E B LAP POOL	LEISURE POOL		_	•	le - September 8		-			
8:00 AM 8:30 AM	Divided Open Gyn (All Ages) 8:00 - 8:45 am		rcle Fit		Lane Swim 8:00 - 8:45 am						MONDA	Υ			Shine On
9:00 AM	Strength & Condition	ning 8:45am	- 9:45 am				6.00.414	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAP POOL	LEISURE POOL
9:30 AM 10:00 AM	9:15 - 10:00 am		TRX				6:00 AM 6:30 AM			Code 51					
10:30 AM			11:00 am		Swim Lessons	Swim Lessons	7:00 AM			Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8::15 am	
11:00 AM	Essal a Political				9:00 - 12:30 pm	9:00 - 1:2:30 pm	7:30 AM	Pickl 7:15 - 8						0.00 020 di ii	
11:30 AM	Family Pickleball 10:30 - 12:00 pm	n		Line Dancing 11:30-12:30 pm			8:00 AM 8:30 AM							Aqua Fit	
12:00 PM				12.00 p.m			9:00 AM	Bod						8:30 - 9:15 am	
12:30 PM 1:00 PM					Open/Lane Swim		9:30 AM 10:00 AM	9:15 - 10	0:00 am	TRX 9:30-10:15 am					Open Swim 9:30 -10:45 am
1:30 PM 2:00 PM	Divided Open Gyr (All Ages)	m			12:45p - 2:15 pm	Open Swim 12:45p - 3:45 pm	10:30 AM				Yoga for Strength 10:30 - 11:30 am				
2:30 PM	12:15 - 3:45pm				Open Swim		11:00 AM 11:30 AM	Wal	k Fit		10.50 11.50 am			Open/Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm
3:00 PM 3:30 PM					2:15 - 3:45 pm		12:00 PM	11:30 - 1	2:15 pm	New Class! (starting Oct. 27)				5.00 IL. 10 p.11	Open Swim
	YM Closes at 3:45 pm				POOL Clos	ses at 3:45 pm				Cognitive Groove 12:00 - 12:45 pm					Open Swim 12:00-12:45 pm
			SWIM ADMISS	SION CRITERIA			12:30 PM 1:00 PM							Aquafit	
							1:30 PM							1:00 - 1:45 pm	
.				., ,			2:00 PM 2:30 PM	Divided O	nen Gym					New Class! Hydrotherapy 2:00 - 2:45 pm	
-		-	nd prior to entering	•	and any contribution of	h -+ -33 ·	3:00 PM		iges)					New Time!	NewTime!
	_			(min. 16 years of age) in the w by a parent/guardian (min. 16			3:30 PM	12.50	o. 13 pm					Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm
	each at all times.	s trie swim test mu	ist be accompanied	by a parent/guardian (min. 10	years or age, in the	e water within	4:00 PM 4:30 PM								
		allow water or dee	n end with a life iac	ket. Must be supervised by par	ent/guardian (min	16 years of	5:00 PM			Zumba Kids JR (Ages 3-5)		Karate Fundamer			
_	the pool area (visu		p cha with a life jac	Ret. Must be supervised by par	ento guaratan (min	. 10 years or	5:30 PM 6:00 PM			5:15 - 6:00pm Zumba Kids			5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
_	-		ool after passing the	swim test.			6:30 PM			(Ages 6-12) 6:15 - 7:00pm		Karate Advance 6:00 - 6	ed (Ages 6 - 12) 6:45 pm		
	_	-	-	it's swimming ability if they fe	el there is guestion	s of the	7:00 PM	Zur	nha						
_	ant's safety.	,		5	, , , , , , , , , , , , , , , , , , ,		7:30 PM 8:00 PM	7:15 - 8						Lane Swim	Open Swim
	•		TALL DECISTRATION	N DATES - AQUATICS			8:30 PM							7:45-9:15 pm	7:45-9:00 pm
	<u> </u>		art to End		istration Opens		9:00 PM	GYM Closes	at 9:15 pm					POOL Close	s at 9:15 pm
	Session				·						TUESDA	V			
	Fall		8 - December 21 ween and Thanksgiving Day		August 25			GYM182	GYM3	STUDIO A		MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
	15 Weeks	FALL REG	ISTRATION DATES - Ch	aild and Youth LAND PROGRAMS			6:00 AM	GIMIOZ	GIMS	STODIOA	STUDIOB	MOLITFORFOSEA	MOLTIFORFOSEB	LAFFOOL	LEISURE POOL
	Session	Start	t to End	Registration Opens Members	Non-Men	nbers	6:30 AM 7:00 AM							Lane Swim 6:00 - 8:15 am	
		September 8	3 - November 2	August 18	August		7:30 AM	Divided (Open Gym						
	Fall 1		veen and Thanksgiving Day - December 21	August 18	August		8:00 AM 8:30 AM	(All. 7:00 -	Ages) 9:30 am					Aqua Fit	
	Karate		- December 21	August 18	August		9:00 AM 9:30 AM		l	Cycle Fit 9:15- 10:00 am		D		8:30 - 9:15 am	
		<u>.</u>	Child Mindir	ng Time Slots:	3		10:00 AM	Mus	cle Fit	3.15 15.05 dill			nd Tone 10:15am		
			Monday - Frida	y 9:00 - 10:15 am			10:30 AM		11:00 am	Zumba Toning				0	06
				10:15 - 11:30 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 12:00 PM		ntle Fit 12:15 pm		Babies & Me 11:30 -12:15 pm				
							12:30 PM								
	۔۔۔ جا مسملے ۔۔۔	مارماله المستالية	VMCA				1:00 PM 1:30 PM		deball			Balar	nce +	Aqua Fit 1:00 - 1:45 pm	
	riambor	ough Family	TIMCA				2:00 PM 2:30 PM		3:00 pm				2:00 pm	Once the confidence of	0
	 207 Parkside Drive, Waterdown, ON 								Divided Open Gym					Open/Lane Swim 2:00 -3:45 pm	Open Swim 2:00 -3:45 pm
	a ZU/ Park														
(4:00 PM 4:30 PM								
(ership@ymca	hbb.ca											
	flambord	ough.membe	ership@ymca	hbb.ca			5:00 PM 5:30 PM	Sports Adventure (Ages 6 - 12)	Sports Adventure (Ages 3-5)						
		ough.membe	ership@ymca	hbb.ca			5:00 PM 5:30 PM 6:00 PM	Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 -6:00 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
	flambord	ough.membe	ership@ymca	hbb.ca			5:30 PM 6:00 PM	(Ages 6 - 12) 5:15 - 6:15 pm	(Ages 3-5) 5:15 -6:00 pm	Boot Camp 6:00-6:45	Back to Living Well (Fitness Floor)				
	flambord	ough.membe	ership@ymca	hbb.ca			5:30 PM 6:00 PM 6:30 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb ((Ages 3-5)	6:00-6:45	(Fitness Floor) 6:15 - 7:30 pm				
	flambord 905-690	ough.membe -3555	ership@ymca	hbb.ca Drop in Recreational Programs			5:30 PM 6:00 PM 6:30 PM 7:00 PM 7:30 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb (6:30 -	(Ages 3-5) 5:15 -6:00 pm Ages 6-12) 7:30 pm		(Fitness Floor)			4:00 - 7:30 pm Master Swim	4:00 - 7:30 pm Open Swim
Registered	flambord 905-690	ough.membe 1-3555					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) 5:15 - 6:00 pm Ages 6-12) 7:30 pm Open Gym Ages)	6:00-6:45 TRX	(Fitness Floor) 6:15 - 7:30 pm Yoga			4:00 - 7:30 pm 4:00 - 7:30 pm Master Swim 7:45-8:45 pm	4:00 - 7:30 pm
Registered	flamboro 905-690	ough.membe 1-3555	Child and Youth Programs				5:30 PM 6:00 PM 6:30 PM 7:00 PM 7:30 PM	(Ages 6 - 12) 5:15 - 6:15 pm Y-Climb (6:30 - Divided C (All. 7:45-9	(Ages 3-5) 5:15 - 6:00 pm Ages 6-12) 7:30 pm	6:00-6:45 TRX	(Fitness Floor) 6:15 - 7:30 pm Yoga			4:00 - 7:30 pm Master Swim	4:00 - 7:30 pm 4:00 - 7:30 pm Open Swim 7:45 -9:00 pm

				WEDNESD	PAY							FRIDAY				
	GYM182	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2 GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Co 6:10-6:55						Lane Swim / Community		6:00 AM	Strength and Conditioning 6:10-6:55 am					Lane Swim / Community Rental	
6:30 AM 7:00 AM	0.10 0.33				+		Rental 6:00 - 8:15 am		6:30 AM	0.10-0.35 am					6:00 - 7:00 am	·
7:30 AM	Pickleba 7:15 - 8:30								7:00 AM	Pickleball Open Gym (All Ages)					Lane Swim 7:00 - 8:15 am	
8:00 AM 8:30 AM							Anna Fit		7:30 AM 8:00 AM	7:15-8:30am (All Alges) 7:15 - 8:45 am						
9:00 AM	HIIT						Aqua Fit 8:30 - 9:15 am		8:30 AM						Aqua Fit	
9:30 AM 10:00 AM	9:15 - 10:00	0 am	CORE FIT 9:30 - 10:15 am				-		9:00 AM	Body Fit					8:30 - 9:15 am	
10:30 AM									9:30 AM	9:15-10:00 am			Yoq 9:30 - 10	nga 0:30 am		
11.00 444						oga 11:30 am	Open/Lane Swim	Open Swim	10:00 AM 10:30 AM		Zumba 10:15 - 11:15 am					
11:00 AM 11:30 AM	Walk Fi						9:30 - 12:45 pm	9:30 -12::45 pm	11:00 AM						Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm
12:00 PM	11:30 - 12:1	5 pm	New Class! Cognitive Groove			ir Yoga			11:30 AM	Walk Fit 11:30 - 12:15 pm						
12:30 PM			12:00 pm - 12:45 pm		12:00 -	12:45 pm			12:00 PM 12:30 PM	11.50 12.15 pm					-	
1:00 PM 1:30 PM							Aquafit 1:00 - 1:45 pm		1:00 PM						Aqua Fit	
2:00 PM	Divided Oper (All Ages						New Class!		1:30 PM	Pickleball 12:45 - 3:00pm					1:00 - 1:45 pm	
2:30 PM	12:30 - 4:30						Hydrotherapy 2:00 - 2:45 pm		2:00 PM	12.45 - 3.00pm					Open/Lane Swim	Open Swim
3:00 PM							New Time! Open/Lane Swim	New Time! Open Swim	2:30 PM			-			2:00 - 3:45 pm	2:00 - 3:45 pm
3:30 PM 4:00 PM							2:45 - 3:45pm	2:45 -3:45 pm	3:00 PM 3:30 PM							
4:30 PM							-		4:00 PM	Divided Open Gym (All Ages)						
5:00 PM	Karate Fundamental	s (Ages 6 - 12)							4:30 PM	3:15-5:45 pm						
5:30 PM	5:00 - 5:45	o pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	5:00 PM			-			Specialized Swim Lesson	Specialized Swim Lesson
6:00 PM	Karate Fundamental 6:00 - 6:45			Queenax - Fitness Floor*			-		5:30 PM 6:00 PM						4:00 pm - 8:15 pm	4:00 pm - 7:30 pm
6:30 PM				6:30-7:15pm					6:30 PM	New! Youth Basketball Scrimmage League						
7:00 PM	Karate Advanced (/ 7:00 - 7:45		Zumba 7:15- 8:15 pm	Yang/Yin Yoga 7:00-8:00 pm	NEW	CLASS!	A Plant		7:00 PM	(Ages 14-18) 6:00 - 8:00 pm						
7:30 PM 8:00 PM			7.15- 6.15 pm		Line D	Dancing 8:15 pm	Aqua Blast 7:45-8:30 pm	Open Swim 7:45 -9:00 pm	7:30 PM						Laur Grien	Open Swim
8:30 PM							Lane Swim	7.10 S.00 p.11	8:00 PM 8:30 PM	Divided Open Gym (All Ages)					Lane Swim 8:15 - 9:15 pm	7:45 - 9:00 pm
9:00 PM							8:30 - 9:15 pm		9:00 PM	8:00 - 9:30 pm						
0.70 044	GYM Closes at	2 13 Off				i contract of the contract of	POOL Closes	md cr.e ne s								: at 0.40 and
9:30 PM				THURSE	AV					GYM Closes at 9:15 pm		CATION	V		POOL Closes	at 9:15 pm
9:30 PM	GYM182	GYM3	STUDIO A	THURSD STUDIO B	DAY MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM Closes at 9:15 pm GYM 16:2 GYM 3	STUDIO A	SATURDA STUDIO B	AY MULTI PURPOSE A	MULTIPURPOSE B	POOL Closes LAP POOL	LEISURE POOL
6:00 AM			STUDIO A			MULTIPURPOSE B	LAP POOL		8:00 AM	GYM182 GYM3 Divided Open Gym	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim	
6:00 AM 6:30 AM 7:00 AM			STUDIO A			MULTIPURPOSE B			8:30 AM	GYM1&2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am	STUDIO A			MULTIPURPOSE B	LAP POOL	
6:00 AM 6:30 AM 7:00 AM 7:30 AM	GYM1&2 Divided Ope (All Age	GYM3 en Gym	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim			GYM18-2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 3-5) (Ages 6-12) 9:00 - 9:45 am	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	GYM1&2	GYM3 en Gym				MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am		9:30 AM 9:30 AM	GYM162 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am GYM3 Soccer Level 3 9:00 - 9:45 am				MULTIPURPOSE B	LAP POOL Lane Swim	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	GYM1&2 Divided Ope (All Age	GYM3 en Gym	STUDIO A Cycle Fit 9:15-10:00 am	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am		9:30 AM 9:30 AM 10:00 AM	GYM18·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 3-5) 9:00 - 10:00 am Basketball Level 1 (Ages 5-12) (Ages 5-12) (Ages 5-5)	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	GYM1&2 Divided Ope (All Age 7:00 - 9:30	cn Gym en Gym es) 0 am	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am	LEISURE POOL Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM	GYM18-2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Basketball Level 1 Basketball Level 1	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim 8:00 -8:45 am	LEISURE POOL 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	GYM1&2 Divided Ope (All Age 7:00 - 9:30	cn Gym en Gym es) 0 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Open/Lane Swim	LEISURE POOL	9:30 AM 9:00 AM 9:30 AM 10:00 AM	GYM16·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am GYM3 Soccer 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	LAP POOL Lane Swim 8:00 -8:45 am	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 10:00 AM	GYM 1 & 2 Divided Ope (All Age 7:00 - 9:30 Strength & Cor 10:15 - 11:0	GYM3 en Gym es) 0 am enditioning 10 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Cpen Swim 9:30 -10:45 am	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM18·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am Closed for Cleaning 11:15 am - 12:00 pm	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim 8:00 -8:45 am	LEISURE POOL 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	GYM1&2 Divided Ope (All Age 7:00 - 9:30	GYM 3 en Gym es) 0 am additioning 00 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL 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	GYM16·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am GYM3 Soccer 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	MULTI PURPOSE A		LAP POOL Lane Swim 8:00 -8:45 am	LEISURE POOL 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 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	GYM1&2 Divided Ope (All Age 7:00 - 9:30 Strength & Cor 10:15 - 11:0	GYM 3 en Gym es) 0 am additioning 00 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Open/Lane Swim 9:30 - 12:45 pm	Cpen Swim 9:30 -10:45 am	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	GYM18·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Basketball Level 1 (Ages 3-5) 10:15-11:15 am Closed for Cleaning 11:15 am - 12:00 pm Birthday Party 1 Rental 12:00 - 1:00 pm	Cycle Fit	STUDIO B		rty 1 Rental	LAP POOL Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 1:00 pm	LEISURE POOL Swim Lessons
6:00 AM 6:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:30 PM 1:230 PM 1:30 PM	GYM 1 & 2 Divided Ope (All Age 7:00 - 9:30 Strength & Cor 10:15 - 11:0 Gentle 11:30 - 12:1	GYM3 en Gym es) 0 am enditioning 10 am	Cycle Fit	STUDIO B	MULTI PURPOSE A	nce +	LAP POOL 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 11:30 AM 12:00 PM 12:30 PM	GYM18·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am Closed for Cleaning 11:15 am - 12:00 pm Birthday Party 1 Rental 12:00 - 1:00 pm Divided Open Gym (All Ages)	Cycle Fit	STUDIO B	MULTI PURPOSE A	rty 1 Rental	LAP POOL Lane Swim 8:00 -8:45 am	LEISURE POOL Swim Lessons
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 1:30 PM 1:30 PM	GYM1&2 Divided Ope (All Age 7:00 - 9:30 Strength & Cor 10:15 - 11:0 Gentte 11:30 - 12:1	GYM3 en Gym es) 0 am enditioning 10 am	Cycle Fit	STUDIO B	MULTI PURPOSE A		LAP POOL 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 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	GYM162 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 6-12) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am Closed for Cleaning 11:15 am - 12:00 pm Birthday Party 1 Rental 12:00 - 1:00 pm Divided Open Gym	Cycle Fit	STUDIO B	MULTI PURPOSE A	rty 1 Rental	LAP POOL Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
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 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:00 PM	GYM 1 & 2 Divided Ope (All Age 7:00 - 9:30 Strength & Cor 10:15 - 11:0 Gentle 11:30 - 12:1 Pickleb: 12:45 - 3:0 Divided Oper	GYM3 en Gym es) 0 am nditioning 10 am Fit 15 pm all 10 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A	nce +	LAP POOL 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 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 1:30 PM 2:30 PM 2:30 PM	GYM16·2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 3-5) 9:00 - 10:00 am Soccer Level 2 (Ages 6-12) 10:15-11:15 am Closed for Cleaning 11:15 am - 12:00 pm Birthday Party 1 Rental 12:00 - 1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A	rty 1 Rental	LAP POOL Lane Swim 8:00 -8:45 am Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:00 Birthday Parties
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