			SUNDA	AY				Flamb	orough Fa	amily YM	CA - Sched	lule at a G	lance: Sep	t. 8 - Dec.	21, 2025	
8:00 AM	GYM 1 & 2 GYM 3 Divided Open Gym	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL				le - September 8					1.
8:30 AM	ымаед Ореп 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 & Conditioning	8:45am - 9:45 am						600.414	GYM1&2	GYM3	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			Conta Fit					
10:30 AM		10:15 - 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	Fannik Dieldekell					9:00 - 12:30 pm	9:00 - 1:2:30 pm	7:30 AM	Pickle 7:15 - 8:3							
11:30 AM	Family Pickleball 10:30 - 12:00 pm					-		8:00 AM 8:30 AM							Aqua Fit	
12:00 PM								9:00 AM	Body						8:30 - 9:15 am	
12:30 PM 1:00 PM						Open/Lane Swim		9:30 AM 10:00 AM	9:15 - 10:	oo am	TRX 9:30-10:15 am					Open Swim 9:30 -10:45 am
1:30 PM 2:00 PM	Divided Open Gym					12:45p - 2:15 pm	Open Swim 12:45p - 3:45 pm	10:30 AM				Yoga for Strength				
2:30 PM	(All Ages) 12:15 - 3:45pm					Open Swim	ш. юр 3. юрт	11:00 AM 11:30 AM			10:30 - 11:30 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 - 12	:15 pm	New Class! (starting Oct. 27)				3.00 12.10 5.11	On an Suite
	SYM 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
		SW	IM ADMISSIC	ON CRITERIA				12:30 PM 1:00 PM							Aquafit	
								1:30 PM							1:00 - 1:45 pm	
								2:00 PM	D: :4:40.						New Class! Hydrotherapy	
-	ants under must be give	•	-	•				2:30 PM 3:00 PM	Divided Op (All Ag 12:30 - 6:	es)					2:00 - 2:45 pm New Time!	New Time!
	l: Ages 0-5 must be acco							3:30 PM	12.30 - 6.	.45 pm					Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm
_	9 who cannot pass the st	wim test must be ac	companied by	a parent/guardia	an (min. 16 yea	ars of age) in the	e water within	4:00 PM 4:30 PM								
	each at all times.		uith a lifa ia alvat	Must be sumanus		/annandian (main	16	5:00 PM			Zumba Kids JR (Ages 3-5)		Karate Fundamer			
	low: Ages 6-9, shallow v the pool area [visual con		ith a life jacket	. Must be superv	used by parent	/guardian (min.	16 years or	5:30 PM			5:15 - 6:00pm		5:00 - 5 	5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
	en: Ages 10-15, anywhe		nassing the sw	rim test				6:00 PM 6:30 PM			Zumba Kids (Ages 6-12) 6:15 - 7:00pm		Karate Advance 6:00 - 6	ed (Ages 6 - <u>12)</u> 6:45 pm		
	ime, lifeguards may ask		-		v if they feel th	nere is auestion	s of the	7:00 PM	_		6.15 - 7.00pm					
_	ant's safety.	ior acmonstration c	or participants	Swinining ability	ly if they reer to	icre is question	is of the	7:30 PM	Zuml 7:15 - 8:							Open Swim
pai tioip								8:00 PM 8:30 PM							Lane Swim 7:45-9:15 pm	7:45-9:00 pm
		FALL RE	CISTRATION D	ATES - AGITATIC								1				
			distration b	ATES - AQUATIC				9:00 PM	GYM Closes	at 9:15 pm					POOL Close	es at 9:15 pm
	Session	Start to End	distriction	AIES - AGUATIC		ion Opens		9:00 PM	GYM Closes a	at 9:15 pm					POOL Close	s at 9:15 pm
	Fall *		ber 21	ATES - AGOATIC	Registrati	on Opens ust 25		9:00 PM				TUESDA				
	F. II	Start to End September 8 - Decemb No Lessons on Halloween and Th	oer 21 anksgiving Day		Registrati Augu	·			GYM Closes a	at 9:15 pm GYM 3	STUDIO A	TUESDA STUDIO B		MULTIPURPOSE B		es at 9:15 pm LEISURE POOL
	Fall * 15 Weeks	Start to End September 8 - December 9 - Dec	per 21 anksgiving Day DN DATES - Child	and Youth LAND P	Registrati Augu PROGRAMS	ust 25	mbors	6:00 AM 6:30 AM			STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim	
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	Fall * 15 Weeks Session Fall 1 *No	Start to End September 8 - Decembro 1 - Decembro 2 - Decembro 3 - Decembro 4 - Decembro 4 - Decembro 5 - November 5 - Novembro 1 - Dessons on Halloween and Than	per 21 anksgiving Day DN DATES - Child R er 2 aksgiving Day	and Youth LAND P egistration Opens August 18	Registrati Augu PROGRAMS Members	ust 25 Non-Men August	:25	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	GYM1&2 Divided O	GYM 3	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am	
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	Fall * 15 Weeks Session Fall 1 *No	Start to End September 8 - Decembro 1 - Decembro 2 - Decembro 3 - Decembro 4 - Decembro 4 - Decembro 5 - November 5 - Novembro 1 - Dessons on Halloween and Than	per 21 anksgiving Day DN DATES - Child R er 2 nksgiving Day ar 21 er 21	and Youth LAND P egistration Opens August 18 August 18 August 18	Registrati Augu PROGRAMS Members	ust 25 Non-Men August	25	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	GYM 1 & 2 Divided O (All A 7:00 - 9	GYM 3 pen Gym ges) 330 am			MULTI PURPOSE A	nd Tone	LAP POOL Lane Swim 6:00 - 8:15 am	
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`	Fall 1 *No Session Fall 1 *No Fall 2 Karate Flamborough 207 Parkside flamborough 905-690-355	Start to End September 8 - December 8 - November 9 - November 9 - December 9 - Dec	ber 21 anksgiving Day DN DATES - Child Rer 2 nksgiving Day er 21 er 21 Child Minding Tonday - Friday 9: 10 CA erdown, Ca b@ymcahk	and Youth LAND P egistration Opens August 18 August 18 Time Slots: 00 - 10:15 am 0:15 - 11:30 am	Registrati Augu PROGRAMS Members	Non-Men August August	25	6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 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 6:00 PM	GYM 1 & 2 Divided O ₁ (All A 7:00 - 9 Musc 10:15-11 Gent 11:30 - 1 Pickle 12:45 - 3 Divided O ₁ (All A 3:15 - 4: Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm	GYM 3 Den Gym ges) 330 am le Fit 200 am e Fit 2:15 pm eball 2:00 pm Sports Adventure (Ages 3-5) 5:15 -6:00 pm	Cycle Fit 9:15- 10:00 am Zumba Toning 10:30 - 11:30 am	Babies & Me 11:30 -12:15 pm Back to Living Well (Pitness Floor)	MULTI PURPOSE A Barre ar 9:30 - 1	nd Tone 10:15am	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/Lane Swim 2:00 - 3:45 pm	Open Swim 9:30 -12:45pm Open Swim 2:00 -3:45 pm Swim Lessons 4:00 - 7:30 pm
Registered	Fall 1 *No Session Fall 1 *No Fall 2 Karate Flamborough 207 Parkside flamborough 905-690-355	Start to End September 8 - December 8 - November 8 - November 8 - November 8 - December 8 - Dec	Der 21 anksgiving Day PN DATES - Child Rer 2 aksgiving Day er 21 cr 21 Child Minding Tonday - Friday 9: 10 CA erdown,	and Youth LAND P egistration Opens August 18 August 18 August 18 Fime Slots: 00 - 10:15 am 0:15 - 11:30 am	Registrati Augu PROGRAMS Members	Non-Men August August	25	6:00 AM 6:30 AM 7:00 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 11:30 AM 12:00 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 5:30 PM 5:00 PM 6:00 PM	GYM 1 & 2 Divided O ₁ (All A 7:00 - 9 Musc 10:15-11 Gent 11:30 - 1 Pickle 12:45 - 3 Divided O ₁ (All A 3:15 - 4: Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm	GYM 3 Den Gym ges) 3:30 am le Fit 2:00 am le Fit 2:15 pm le Pit 2:15 pm Sports Adventure (Ages 3-5) 5:15 - 6:00 pm ges 6-12) 30 pm Den Gym	Cycle Fit 9:15- 10:00 am Zumba Toning 10:30 - 11:30 am Boot Camp 6:00-6:45	Babies & Me 11:30 -12:15 pm Back to Living Well (Fitness Floor) 6:15 - 7:30 pm Yoga	MULTI PURPOSE A Barre ar 9:30 - 1	nd Tone 10:15am	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/Lane Swim 2:00 - 3:45 pm Master Swim 7:45-8:45 pm	Open Swim 9:30 -12:45pm Open Swim 2:00 -3:45 pm
Registered	Fall 1 *North Fall 2 Karate Flamborough 207 Parkside flamborough 905-690-355	Start to End September 8 - December 8 - November 8 - November 8 - December 8 - Dec	Der 21 anksgiving Day PN DATES - Child Rer 2 aksgiving Day er 21 cr 21 Child Minding Tonday - Friday 9: 10 CA erdown,	and Youth LAND P egistration Opens August 18 August 18 Time Slots: 00 - 10:15 am 0:15 - 11:30 am	Registrati Augu PROGRAMS Members	Non-Men August August	25	6:00 AM 6:30 AM 7:00 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 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM 6:30 PM	GYM 1 & 2 Divided O ₁ (All A 7:00 - 9 Musc 10:15-11 Gent 11:30 - 1 Pickle 12:45 - 3 Divided O ₁ (All A 3:15 - 4: Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm Y-Climb (A 6:30 - 7: Divided O ₁	GYM 3 Deen Gym ges) 330 am le Fit 2:15 pm le Fit 2:15 pm Pen Gym ges) 45 pm Sports Adventure (Ages 3-5) 5:15 -6:00 pm ges 6-12) 30 pm Deen Gym ges)	Cycle Fit 9:15- 10:00 am Zumba Toning 10:30 - 11:30 am Boot Camp 6:00-6:45	Babies & Me 11:30 -12:15 pm Back to Living Well (Fitness Floor) 6:15 - 7:30 pm Yoga	MULTI PURPOSE A Barre ar 9:30 - 1	nd Tone 10:15am	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/Lane Swim 2:00 - 3:45 pm	Open Swim 9:30 -12:45pm Open Swim 2:00 -3:45 pm Swim Lessons 4:00 - 7:30 pm
Registered	Fall 1 *North Fall 2 Karate Flamborough 207 Parkside flamborough 905-690-355	Start to End September 8 - December 8 - November 8 - November 8 - December 8 - Dec	Der 21 anksgiving Day PN DATES - Child Rer 2 aksgiving Day er 21 cr 21 Child Minding Tonday - Friday 9: 10 CA erdown,	and Youth LAND P egistration Opens August 18 August 18 Time Slots: 00 - 10:15 am 0:15 - 11:30 am	Registrati Augu PROGRAMS Members	Non-Men August August	25	6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:30 PM 2:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM 6:30 PM 6:00 PM	GYM 1 & 2 Divided O ₁ (All A 7:00 - 9 Musc 10:15-11 Gentt 11:30 - 1 Pickle 12:45 - 3 Divided O ₁ (All A 3:15 - 4: Sports Adventure (Ages 6 - 12) 5:15 - 6:15 pm Y-Climb (A 6:30 - 7: Divided O ₁ (All A	GYM 3 Deen Gym ges) 45 pm Sports Adventure (Ages 3-5) 5:15 -6:00 pm ges 6-12) 30 pm Deen Gym ges) Deen Gym ges) Deen Gym ges 6-12) Deen Gym ges 6-12)	Cycle Fit 9:15- 10:00 am Zumba Toning 10:30 - 11:30 am Boot Camp 6:00-6:45	Babies & Me 11:30 -12:15 pm Back to Living Well (Fitness Floor) 6:15 - 7:30 pm Yoga	MULTI PURPOSE A Barre ar 9:30 - 1	nd Tone 10:15am	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/Lane Swim 2:00 - 3:45 pm Swim Lessons 4:00 - 7:30 pm Master Swim 7:45-8:45 pm Lane Swim 8:45 pm - 9:15 pm	Open Swim 9:30 -12:45pm Open Swim 2:00 -3:45 pm Swim Lessons 4:00 - 7:30 pm

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	GYM182 GYM3	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 Conditioning 6:10-6:55 am					Lane Swim / Community		6:00 AM	Strength and Conditioning 6:10-6:55 am					Lane Swim / Community Rental	<u> </u>
6:30 AM 7:00 AM	0.20 0.00 0.11					Rental 6:00 - 8:15 am		6:30 AM	0.10-0.55 d111					6:00 - 7:00 am	<u> </u>
7:30 AM	Pickleball 7:15 - 8:30 am							7:00 AM 7:30 AM	Pickleball Open Gym					Lane Swim 7:00 - 8:15 am	
8:00 AM 8:30 AM						Aqua Fit		8:00 AM	7:15-8:30am (7:15 - 8:45 am						
9:00 AM	HIIT 9:15 - 10:00 am	CODE EIT O 70				8:30 - 9:15 am		8:30 AM						Aqua Fit	1
9:30 AM 10:00 AM	9.13 - 10.00 an1	CORE FIT 9:30 - 10:15 am						9:00 AM	Body Fit 9:15-10:00 am					8:30 - 9:15 am	
10:30 AM				Yo				9:30 AM 10:00 AM		Zumba		9:30 - 10	oga 10:30 am		
11:00 AM					11:30 am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12::45 pm	10:30 AM		10:15 - 11:15 am				Orași II S	0.000
11:30 AM 12:00 PM	Walk Fit 11:30 - 12:15 pm	New Class!				9.30 - 12.43 pm	9.30 -1243 pm	11:00 AM						Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm
12.00 PM	11.00 11.10 p.m	Cognitive Groove 12:00 pm - 12:45 pm			r Yoga 12:45 pm			11:30 AM 12:00 PM	Walk Fit 11:30 - 12:15 pm					-	
12:30 PM 1:00 PM						Amusest		12:30 PM							
1:30 PM	Divided Open Gym					Aquafit 1:00 - 1:45 pm		1:00 PM						Aqua Fit 1:00 - 1:45 pm	
2:00 PM	(All Ages) 12:30 - 4:30 pm					New Class! Hydrotherapy		1:30 PM 2:00 PM	Pickleball 12:45 - 3:00pm					1.00 - 1.43 pm	
2:30 PM 3:00 PM						2:00 - 2:45 pm New Time!	New Time!	2:00 PM 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							
4:00 PM								3:30 PM	Divided Open Gym						
4:30 PM 5:00 PM	Karate Fundamentals (Ages 6 - 12)							4:00 PM 4:30 PM	(All Ages) 3:15-5:45 pm						
5:30 PM	5:00 - 5:45 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons	5:00 PM						Specialized Swim Lesson	Specialized Swim Lesson
6:00 PM	Karate Fundamentals (Ages 6 - 12)					4.00 - 7.30 pm	4:00 - 7:30 pm	5:30 PM						4:00 pm - 8:15 pm	4:00 pm - 7:30 pm
6:30 PM	6:00 - 6:45 pm		Queenax - Fitness Floor* 6:30-7:15pm					6:00 PM 6:30 PM	New! Youth Basketball Scrimmage League					-	
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm	Zumba	Yang/Yin Yoga 7:00-8:00 pm					7:00 PM	(Ages 14-18) 6:00 - 8:00 pm						
7:30 PM 8:00 PM	7.90 - 7.43 pm	7:15- 8:15 pm	7.00-0.00 pm			Aqua Blast 7:45-8:30 pm	Open Swim 7:45 -9:00 pm	7:30 PM				-		-	Open Swim
8:30 PM						Lane Swim	7.45 5.66 pm	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	GYM Closes at 9:15 pm					8:30 - 9:15 pm POOL Closes	2 at 9:15 mm	9:00 PM	8:00 - 9:30 pm						
9:30 PM	CIA-Closes at 5.15 pm					- FOOL CIOSE.									ne at Ur15 mm
			_ T¥II ŒSD	AY					GYM Closes at 9:15 pm		SATURD	AY		POOL Closes	acs.15 pm
	GYM1&2 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 Closes	LEISURE POOL
6:00 AM 6:30 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	LAP POOL	LEISURE POOL	8:00 AM	GYM1&2 GYM3 Divided Open Gym	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim	
6:30 AM 7:00 AM		STUDIO A			MULTIPURPOSE B		LEISURE POOL	8:30 AM	GYM1&2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am				MULTIPURPOSE B	LAP POOL	
6:30 AM 7:00 AM 7:30 AM 8:00 AM	Divided Open Gym (All Ages)	STUDIO A			MULTIPURPOSE B	LAP POOL Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM 9:00 AM	GYM18-2 GYM3 Divided Open Gym (All Ages) 8:00 - 8:45 am Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am	STUDIO A Cycle Fit 9:15 - 10:00 am			MULTIPURPOSE B	LAP POOL Lane Swim	
6:30 AM 7:00 AM 7:30 AM	Divided Open Gym				MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL	9:00 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 Soyum 3 Soyum 4 Soyu	Cycle Fit			MULTIPURPOSE B	LAP POOL Lane Swim	
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