

Flamborough Family YMCA - Schedule at a Glance: June 29 - September 6, 2026



SUNDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am		Cycle Fit 9:00- 10:00 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		TRX 10:15 - 11:00 am								
10:30 AM	Family Pickleball 10:30 - 12:00 pm									
11:00 AM										
11:30 AM										
12:00 PM	Divided Open Gym (All Ages) 12:15 - 3:45pm							Open Swim (Full Pool) 12:45 - 1:45 pm	Open Swim (Parent and Child) 12:45- 3:45 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	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.

SUMMER SESSION - Swim and Child and Youth Land Programs			
Session	Start to End	Registration Opens	
SUMMER 9 Weeks	June 29 - August 30, 2026	June 15, 2026	(for Child and Youth More members)
		June 22, 2026	(for Child and Youth Core members)
		June 22, 2026 for Child and Youth Land programs for non-members	
Session	Start to End	Registration Opens	
FALL 11 Week	September 14- November 26, 2026	August 24, 2026	(for Child and Youth More members)
		August 31, 2026	(for Child and Youth Core members)
		August 31, 2026 for Child and Youth Land programs for non-members	

Flamborough Family YMCA

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)

Youth Programs

Recreational Sports

MONDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	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								Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15 - 10:00 am							Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 -10:45 am
9:30 AM			TRX 9:30-10:15 am				Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am		
10:00 AM	Summer Fun 101 10:15 - 11:15 am			Yoga for Strength 10:30 - 11:30 am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 10:15 -11:30 am	Lane Swim 10:45-12:45 pm	Splashers 11:00 - 12:00 pm
10:30 AM									
11:00 AM									
11:30 AM	Walk Fit 11:30 - 12:15 pm							Lane Swim 10:45-12:45 pm	Open Swim 12:00-12:45 pm
12:00 PM									
12:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30 pm							AquaFit 1:00 - 1:45 pm	
1:00 PM									
1:30 PM									
2:00 PM								Hydrotherapy 2:00 - 2:45 pm	
2:30 PM									
3:00 PM								Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 -3:45 pm
3:30 PM								Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
4:00 PM									
4:30 PM									
5:00 PM									
5:30 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
6:00 PM	New Time - New Location! Boot Camp 6:00 -6:45 pm		Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm			Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm			
6:30 PM			Zumba Kids (Ages 6-12) 6:15 - 7:00pm						
7:00 PM	Zumba 7:15 - 8:15pm								
7:30 PM								Adult Swim Lessons (1 lane) 7:30-8:00 pm	Open Swim 7:45-9:00 pm
8:00 PM									
8:30 PM								Lane Swim 7:45 - 9:15 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	CHILD MINDING ROOM	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 - 8:45 am								
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	Summer Fun 101 9:00-9:30 am		Cycle Fit 9:15- 10:00 am	ViPR 9:15 - 10:00 am			Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am	Aqua Fit 8:30 - 9:15 am	
9:30 AM		Barre and Tone 9:30 - 10:15 am			Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 10:15 -11:30 am	Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 -12:45pm
10:00 AM	Muscle Fit 10:15-11:00 am								
10:30 AM									
11:00 AM									
11:30 AM	Gentle Fit 11:30 - 12:15 pm							Lane Swim 10:45-12:45 pm	
12:00 PM									
12:30 PM	Pickleball 12:45 - 3:00 pm							Aqua Fit 1:00 - 1:45 pm	
1:00 PM									
1:30 PM									
2:00 PM						Balance + 1:00-2:00 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	Floor Hockey (Ages 6 - 9) 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
5:30 PM									
6:00 PM									
6:30 PM	Y-Climb (Ages 6-12) 6:30 -7:30 pm			Pilates 6:15 - 7:00 pm					
7:00 PM									
7:30 PM	Divided Open Gym (All Ages) 7:45-9:00 pm		TRX 7:00 - 7:45 pm	Yoga 7:15 - 8:15 pm				Masters Swim 7:45 - 8:45 pm	Open Swim 7:45 - 9:00 pm
8:00 PM									
8:30 PM									Lane Swim 8:45 - 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	CHILD MINDING ROOM	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 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 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	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm		Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 -12:45pm	
10:00 AM	Summer Fun 101 10:15 - 11:15 am									
10:30 AM										
11:00 AM										
	Walk Fit 11:30 - 12:15 pm		New Class! Fitness Fusion Express (running July 10-Aug 14) 11:30 - 12:00pm					Lane Swim 10:45-12:45 pm		
11:30 AM										
12:00 PM										
12:30 PM	Pickleball 12:45 - 3:00pm				Chair Yoga 12:30 - 1:15 pm			Aqua Fit 1:00 - 1:45 pm		
1:00 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- 5:30 pm									
4:00 PM								Private Swim Lessons 4:00 - 4:45 pm		
4:30 PM								Teen/Adult Swim Lessons 4:45 - 6:00 pm		
5:00 PM										
5:30 PM										
6:00 PM								H2O Leaders Private Swim Lessons 6:15 - 7:30 pm		
6:30 PM					NEW! Youth Sports Enhancement (Birth Years 2011-13 Ages 13-15) 6:30 pm - 7:15 pm					
7:00 PM										
7:30 PM										
8:00 PM								Lane Swim 7:45 - 9:15 pm	Open Swim 7:45 - 9:00 pm	
8:30 PM	Open Gym 8:30 - 9:15 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	MULTI PURPOSE B	CHILD MINDING ROOM	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	Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am					Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
9:30 AM									
10:00 AM	Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am	Soccer Lvl 1 (Ages 3-5) 10:15 - 11:00 am	New Class! Fitness Fusion 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am	New! Youth Sports Enhancement (Birth Years 2014-2016 Ages 12 -14) 10:00 - 10:45 am				
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm				Birthday Party 1 Rental 12:00 -2:00 pm			Open Swim (Full Pool) 12:45 -2:45 pm	Open Swim (Parent and Child) 12:45- 3:45 pm *Birthday Party Swims
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm								
1:30 PM									
2:00 PM								Lane Swim 2:45-5:15 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				
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.									

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.