

Flamborough Family YMCA - Schedule at a Glance

January 8 to March 31, 2024

MONDAY								
	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAPPOOL	LEISURE POOL		
6:00 AM	10 AM							
6:30 AM					Lane Swim / Community Rental			
7:00 AM					6:00 - 8:00 am			
7:30 AM								
8:00 AM								
8:30 AM					Aqua Fit			
9:00 AM	Body Fit				8:30 - 9:15 am			
9:30 AM	9:15 - 10:00 am					Open Swim		
10:00 AM						9:45-10:45		
10:30 AM			Yoga for Strength					
11:00 AM			10:30 - 11:30 am	-	Lane Swim	Splashers		
11:30 AM	Walk Fit				9:45 - 12:45 pm	11:00 - 12:00 pm		
12:00 PM	11:30 - 12:15 pm					Open Swim		
12:30 PM						12:00-12:45		
1:00 PM					Hydrotherapy			
1:30 PM					1:00 - 1:45 pm			
2:00 PM					Lane Swim	Open Swim 2:00-3:45		
2:30 PM	Open Basketball				2:00 - 2:45 pm Community Rental			
3:00 PM	2:00-4:00 pm							
3:30 PM					2:45 - 3:45 pm			
4:00 PM								
4:30 PM								
5:00 PM	Zumba Kids JR (3-5 yrs)			Karate Fundamentals (6-12 yrs)				
5:30 PM	5:15 pm-6:00pm			5:00 - 5:45 pm	Swim Lessons	Swim Lessons		
6:00 PM	Zumba Kids (6-12 yrs)			Karate Advanced (6 - 12 yrs)	4:00 - 7:30 pm	4:00-7:30 pm		
6:30 PM	6:15 pm - 7:00pm			6:00 - 6:45 pm				
7:00 PM			Yoga	Karate 13+				
7:30 PM	Zumba		7:00 - 8:00 pm	7:00-745 pm	Lane Swim	Open Swim		
8:00 PM	7:15 pm - 8:15pm				7:45-9:15	7:45-8:45 pm		
8:30 PM								
9:00 PM			1					
9:30 PM			+	-				

TUESDAY							
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAPPOOL	LEISURE POOL	
6:00 AM							
6:30 AM					Lane Swim		
7:00 AM					6:00 - 8:00 am		
7:30 AM							
8:00 AM							
8:30 AM					Aqua Fit		
9:00 AM		Cycle Fit			8:30 - 9:15 am		
9:30 AM		9:15 - 10:00 am	Barre and Tone				
10:00 AM	Muscle Fit		9:30 - 10:15am	-			
10:30 AM	10:15 - 11:00 am					Open Swim 9:45-12:45	
11:00 AM					Lane Swim		
11:30 AM	Gentle Fit				9:45 - 12:45 pm		
12:00 PM	11:30 - 12:15 pm						
12:30 PM							
1:00 PM					Aqua Fit		
1:30 PM	Pickleball			Balance Plus	1:00 - 1:45 pm		
2:00 PM	1:00-3:00 pm			1:00-2:00 pm			
2:30 PM					Lane Swim 2:15 - 3:45	Open Swim	
3:00 PM	Open Basketball		-		2:15-3:45	2:15 -345	
3:30 PM	3:00-4:00 pm						
4:00 PM							
4:30 PM							
5:00 PM	Baseball Level 1 (6-12 yrs)		-		Swim Lessons	Swim Lessons	
5:30 PM	5:15 -6:15 pm			Art Sparks (3-5 yrs) 5:30 -6:15	4:00 - 7:30 pm	4:00-7:30 pm	
6:00 PM			Back to Living Well 6:00 pm - 6:45 pm				
6:30 PM 7:00 PM	T-Ball (3-5 yrs) 6:30-7:15 pm	TDV	2	Art ventures (6-12 yrs) 6:30-7:30			
7:00 PM 7:30 PM		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm	ODO TEO	Master Swim	0	
8:00 PM	Floor Hockey LVL 1 (6-12 yrs) 7:30-8:30 pm	7.00 7.13 pm	7.00 0.00 pm		Master Swim 7:45 pm - 8:45 pm	Open Swim 7:45 -8:45	
8:00 PM 8:30 PM	2000 CONTRACTOR				Lane Swim		
9:00 PM	1			2	8:45 pm - 9:15 pm		
9:30 PM							

Registered Programs

Drop In Group Fitness

Open Gym/Open Swim

Registered Aquatic Leadership Programs

Drop in Recreational Programs



			WEDNESD	AY		
	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAPPOOL	LEISURE POOL
6:00 AM						
6:30 AM					Lane Swim / Community Rental	
7:00 AM					6:00 - 8:00 am	
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit	
9:00 AM	HIIT				8:30 - 9:15 am	
9:30 AM	9:15 - 10:00 am	CORE FIT 9:30 - 10:00 am				
10:00 AM						
10:30 AM			Yoga			Open Swim 9:45 -12:45
11:00 AM			10:30-11:30 am		Lane Swim	
11:30 AM	Walk Fit				9:45 - 12:45 pm	
12:00 PM	11:30 - 12:15 pm					
12:30 PM						
1:00 PM		1			Hydrotherapy	
1:30 PM					1:00 - 1:45 pm	
2:00 PM					Lane Swim	
2:30 PM	Open Basketball				2:00 - 2:45 pm Community Rental	Open Swim 2:00-3:45
3:00 PM	2:00 - 4:30 pm					
3:30 PM					2:45 - 3:45 pm	
4:00 PM						
4:30 PM						
5:00 PM	Karate Fundamentals (6-12 yrs)			Tiny Tots (3-5yrs)		
5:30 PM	5:00 - 5:45 pm			5:00 - 5:45 pm	Swim Lessons	Swim Lessons
6:00 PM					4:00 - 7:30 pm	4:00 - 7:30 pm
	Karate Fundamentals (6-12 yrs)		Queenax	Learn to Crochet (6-12 yrs)		
6-20 DM	6:00 - 6:45 pm		(Fitness Centre) 6:30-7:15 pm	6:00-7:00 pm		
6:30 PM 7:00 PM	Variation Advanced (6, 12 -)			Variabilizadambia Dovada		
7:00 PM 7:30 PM	Karate Advanced (6 - 12 yrs) 7:00 - 7:45 pm	Zumba	Yoga 7:00 - 8:00 pm	Youth Leadership Development 7:00-7:45 pm		
2-23/29/7/23/23/2	Youth Leadership Development	7:15 pm - 8:15pm	7.00 0.00 pm	7.00 7.45 pm		Open Swim
8:00 PM	Youth Leadership Development (10-18)				Lane Swim	7:45 -8:45
8:30 PM	7:45-8:30 pm				7:45 - 9:15 pm	
9:00 PM						
9:30 PM						

6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	GYM	STUDIO A	STUDIOB	MULTIPURPOSE	LAPPOOL	LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM						
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM						
7:30 AM 8:00 AM 8:30 AM 9:00 AM					Lane Swim	
8:00 AM 8:30 AM 9:00 AM					6:00 - 8:00 am	
8:30 AM 9:00 AM						
9:00 AM						
100000000000000000000000000000000000000					Aqua Fit	
9:30 AM		Cycle Fit			8:30 - 9:15 am	
		9:15 - 10:00 am	Yoga			
10:00 AM	Strength & Conditioning		9:30 - 10:30 am			Open Swim
10:30 AM	10:15-11:00 am					9:45 - 10:45
11:00 AM					Lane Swim 9:45 - 12:45 pm	Splashers
11:30 AM	Gentle Fit					11:00 - 12:00 pm
12:00 PM	11:30 - 12:15 pm					
12:30 PM						
1:00 PM					Aqua Fit	
1:30 PM	Pickleball			Balance Plus	1:00 - 1:45 pm	
2:00 PM	1:00 - 3:00 pm			1:00-2:00 pm	Lane Swim	Open Swim
2:30 PM					2:15 -3:45 pm	2:15-3:45 pm
3:00 PM	Open Basketball					
3:30 PM	3:00 - 4:00 pm					
4:00 PM			<u> </u>			
4:30 PM						
5:00 PM	SoccerLVL 1 (6-12 yrs)				Swim Lessons	Swim Lessons
5:30 PM	5:15-6:15 pm			Architeers (3-5 yrs)	4:00-7:30 pm	4:00 - 7:30 pm
6:00 PM	100000000000000000000000000000000000000	Cycle & Strength	Back to Living Well	5:30-6:15		
6:30 PM	Soccer LVL 1 (3-5 yrs)	6:00 - 7:00 pm	6:00 pm - 6:45 pm	Architeers (6-12 yrs)		
7:00 PM	6:30-7:15 pm		Pilates Infusion	6:30-7:30		
	Basketball LVL 3 (9-12 yrs)		7:00 - 7:45 pm		Master Swim	Open Swim
8:00 PM	7:30-8:30 pm				7:45 pm - 8:45 pm	7:45 -8:45
8:30 PM					Lane Swim	
9:00 PM					8:45 pm - 9:15 pm	

FRIDAY							
Ī	GYM	STUDIO A	STUDIOB	MULTI PURPOSE	LAPPOOL	LEISURE POOL	
6:00 AM							
6:30 AM					Lane Swim / Community Rental 6:00 - 8:00 am		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM					Aqua Fit		
9:00 AM	Body Fit				8:30 - 9:15 am		
9:30 AM	9:15-10:00am		Yoga	1			
10:00 AM		Zumba	9:30 - 10:30 am				
10:30 AM		10:15 - 11:15 am			_1	Open Swim	
11:00 AM					Lane Swim		
11:30 AM	Walk Fit				9:45 - 12:45 pm	9:45 -12:45	
12:00 PM	11:30 - 12:15 pm						
12:30 PM							
1:00 PM					Aqua Fit		
1:30 PM	Pickleball				1:00 - 1:45 pm		
2:00 PM	1:00 - 3:00 pm				Lane Swim	Open Swim 2:15 - 3:45 pm	
2:30 PM					2:15 - 3:45 pm		
3:00 PM	-				, I		
3:30 PM							
4:00 PM					_		
4:30 PM	Open Basketball						
5:00 PM	3:00 - 7:00 pm						
5:30 PM					Private Swim Lesson	Private Swim Lesson	
6:00 PM					4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM					Lane Swim 8:15 - 9:15 pm		
9:00 PM	-				6.13-9.13 pm		
9:30 PM				İ			

			SATURDAY	1		
	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAPPOOL	LEISURE POOL
8:00 AM					Lane Swim	
8:30 AM					8:00 -8:45	
9:00 AM		Cycle Fit				
9:30 AM	Basketball LVL 1 (3-5 yrs)	9:15 - 10:00 am				Swim Lessons 9:00 - 1:00 pm
10:00 AM	9:30 - 10:15 am		- V		SwimLessons 9:00 - 1:00 pm	
10:30 AM	Basketball LVL 1 (6-12 yrs)		Yin Yoga 10:15 - 11:15 am			
11:00 AM	10:30-11:30 am		1015 1115 111			
11:30 AM	D. d. d H11W 2/2/2					
12:00 PM	Basketball LVL 2 (9-12yrs) 11:45-12:45 pm					
12:30 PM	11100100000					
1:00 PM					400040	
1:30 PM					Lane Swim 1:15-2:30 pm	Open Swim
2:00 PM					1.15-2.50 pm	1:15 - 5:15 Birthday Parties
2:30 PM	Birthday Party Rentals	·		Disk day Days (Days)		2:45 - 4:00 pm
3:00 PM	2:30 - 4:00 pm			Birthday Party Rentals 2:15 pm - 4:45 pm		- 175
3:30 PM					Pool Closes	s at 5:15pm
4:00 PM	0 2 1 4 4					
4:30 PM	Open Basketball 4:00 - 5:15 pm					
5:00 PM	3.15 pm					
5:30 PM						

SUNDAY							
	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAPPOOL	LEISURE POOL	
8:00 AM					Lane Swim		
8:30 AM					8:00 - 8:45 am		
9:00 AM	Strength & Conditioning						
9:30 AM	9:15 - 10:00 am						
10:00 AM		TRX					
10:30 AM	Family Pickleball	10:15 - 11:00 am			Swim Lessons	Swim Lessons	
11:00 AM	10:30-11:30 am				9:00 - 1:00 pm	9:00-1:00 pm	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM					10000	0	
1:30 PM	Open Basketball				Lane Swim 1:15 - 2:15 pm	Open Swim 1:15 - 2:15 pm	
2:00 PM	12:00 - 3:00 pm				ino Ziopin	1.13 2.13 pin	
2:30 PM					0	0	
3:00 PM					Open Swim 2:30 - 3:45 pm	Open Swim 2:30 - 3:45 pm	
3:30 PM		, and the second second					
4:00 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	

Sauna & Whirlpool are closed during Swim Lessons.

Pool closes 15 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA

Children ages 0 - 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Children ages 7 - 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- · Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if

they feel there is a question of the participant's safety.

Flamborough Family YMCA



flamborough.membership@ymcahbb.ca

905-690-3555