



Flamborough Family YMCA - Schedule at a Glance

January 8 to March 31, 2024

MONDAY

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

TUESDAY

	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAP POOL	LEISURE POOL
6:00 AM						
6:30 AM					Lane Swim 6:00 - 8:00 am	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM		CycleFit 9:15 - 10:00 am				
9:30 AM			Barre and Tone 9:30 - 10:15am			
10:00 AM	Muscle Fit 10:15 - 11:00am					
10:30 AM					Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 -12:45
11:00 AM						
11:30 AM	Gentle Fit 11:30 - 12:15 pm					
12:00 PM						
12:30 PM						
1:00 PM					Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 1:00 - 3:00 pm			Balance Plus 1:00-2:00 pm		
2:00 PM						
2:30 PM					Lane Swim 2:15 -3:45	Open Swim 2:15 -3:45
3:00 PM	Open Basketball 3:00 - 4:00 pm					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Baseball Level 1 (6-12 yrs) 5:15 -6:15 pm				Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM				Art Sparks (3-5 yrs) 5:30 -6:15		
6:00 PM			Back to Living Well 6:00 pm - 6:45 pm	Art ventures (6-12 yrs) 6:30 -7:30		
6:30 PM	T-Ball (3-5 yrs) 6:30 -7:15 pm					
7:00 PM		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			
7:30 PM	Floor Hockey LVL 1 (6-12 yrs) 7:30 -8:30 pm				Master Swim 7:45 pm - 8:45 pm	Open Swim 7:45 -8:45
8:00 PM						
8:30 PM					Lane Swim 8:45 pm - 9:15 pm	
9:00 PM						
9:30 PM						



WEDNESDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	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 8:30 - 9:15 am	
9:00 AM	HIIT 9:15 - 10:00 am	CORE FIT 9:30 - 10:00 am				
9:30 AM						
10:00 AM						
10:30 AM			Yoga 10:30 - 11:30 am			
11:00 AM						
11:30 AM	Walk Fit 11:30 - 12:15 pm				Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
12:00 PM						
12:30 PM						
1:00 PM					Hydrotherapy 1:00 - 1:45 pm	
1:30 PM						
2:00 PM					Lane Swim 2:00 - 2:45 pm	
2:30 PM						Open Swim 2:00 - 3:45
3:00 PM	Open Basketball 2:00 - 4:30 pm				Community Rental 2:45 - 3:45 pm	
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Karate Fundamentals (6 - 12 yrs) 5:00 - 5:45 pm			Tiny Tots (3 - 5 yrs) 5:00 - 5:45 pm		
5:30 PM						
6:00 PM	Karate Fundamentals (6 - 12 yrs) 6:00 - 6:45 pm		Queenax (Fitness Centre) 6:30-7:15 pm	Learn to Crochet (6-12 yrs) 6:00-7:00 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:30 PM						
7:00 PM	Karate Advanced (6 - 12 yrs) 7:00 - 7:45 pm	Zumba 7:15 pm - 8:15pm	Yoga 7:00 - 8:00 pm	Youth Leadership Development 7:00-7:45 pm		
7:30 PM						
8:00 PM	Youth Leadership Development (10-18) 7:45-8:30 pm				Lane Swim 7:45 - 9:15 pm	Open Swim 7:45 - 8:45
8:30 PM						
9:00 PM						
9:30 PM						

THURSDAY

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

FRIDAY							
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL	
6:00 AM					Lane Swim / Community Rental 6:00 - 8:00 am		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM					Aqua Fit 8:30 - 9:15 am		
9:00 AM	Body Fit 9:15-10:00am						
9:30 AM			Yoga 9:30 - 10:30 am				
10:00 AM		Zumba 10:15 - 11:15 am				Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
10:30 AM							
11:00 AM							
11:30 AM	Walk Fit 11:30 - 12:15 pm						
12:00 PM							
12:30 PM							
1:00 PM	Pickleball 1:00 - 3:00 pm				Aqua Fit 1:00 - 1:45 pm		
1:30 PM							
2:00 PM						Lane Swim 2:15 - 3:45 pm	Open Swim 2:15 - 3:45 pm
2:30 PM							
3:00 PM	Open Basketball 3:00 - 7:00 pm						
3:30 PM							
4:00 PM						Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM					Lane Swim 8:15 - 9:15 pm		
8:30 PM							
9:00 PM							
9:30 PM							

SATURDAY						
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00 -8:45	
8:30 AM						
9:00 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	Basketball LVL 1 (3-5 yrs) 9:30 -10:15 am					
10:00 AM			Yin Yoga 10:15 - 11:15 am			
10:30 AM	Basketball LVL 1 (6-12 yrs) 10:30 -11:30 am					
11:00 AM						
11:30 AM	Basketball LVL 2 (9-12 yrs) 11:45-12:45 pm					
12:00 PM						
12:30 PM						
1:00 PM					Lane Swim 1:15 -2:30 pm	Open Swim 1:15 - 5:15 Birthday Parties 2:45 - 4:00 pm
1:30 PM						
2:00 PM	Birthday Party Rentals 2:30 - 4:00 pm			Birthday Party Rentals 2:15 pm - 4:45 pm	Lane /Open Swim 2:45 - 5:15 pm	
2:30 PM						
3:00 PM					Pool Closes at 5:15pm	
3:30 PM						
4:00 PM	Open Basketball 4:00 - 5:15 pm					
4:30 PM						
5:00 PM						
5:30 PM						

SUNDAY						
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
8:00 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 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
9:30 AM						
10:00 AM		TRX 10:15 - 11:00 am				
10:30 AM	Family Pickleball 10:30 - 11:30 am					
11:00 AM						
11:30 AM						
12:00 PM	Open Basketball 12:00 - 3:00 pm					
12:30 PM						
1:00 PM					Lane Swim 1:15 - 2:15 pm	Open Swim 1:15 - 2:15 pm
1:30 PM						
2:00 PM					Open Swim 2:30 - 3:45 pm	Open Swim 2:30 - 3:45 pm
2:30 PM						
3:00 PM						
3:30 PM						
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



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