



Flamborough Family YMCA - Schedule at a Glance

March Break - March 11- March 17, 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						
9:00 AM	BodyFit 9:15 - 10:00 am				Aqua Fit 8:30 - 9:15 am	
9:30 AM		TRX 9:30-10:15				
10:00 AM	Child and Youth March Break Program 10:15-11:15 am			Child and Youth March Break Program 9:00 am-12:00 pm		Open Swim 8:00am-10:45 am
10:30 AM			Yoga for Strength 10:30 - 11:30 am		Lane Swim 9:45 - 12:45 pm	
11:00 AM						
11:30 AM	WalkFit 11:30 - 12:15 pm					
12:00 PM						Splashers 11:00 am - 12:00 pm
12:30 PM	Family Open Gym 12:30-2:00 pm				Hydrotherapy 1:00 - 1:45 pm	
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Open Basketball 2:00 - 6:30 pm					
4:30 PM						
5:00 PM					Open/Lane Swim 2:00-9:15 pm	Open Swim 12:00 - 8:45 pm
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM			Yoga 7:00 - 8:00 pm			
7:30 PM	Zumba 7:15 pm - 8:15pm					
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						
7:00 AM					Lane Swim 6:00 - 8:00 am	
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Child and Youth March Break Programs 9:00-10:00 am	Cycle Fit 9:15 - 10:00 am			Aqua Fit 8:30 - 9:15 am	
9:30 AM			Barre and Tone 9:30 - 10:15am	Child and Youth March Break Program 9:00 am-12:00 pm		
10:00 AM	Muscle Fit 10:15 - 11:00 am				Lane Swim 9:45 - 12:45 pm	
10:30 AM						
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						
3:00 PM						
3:30 PM	Family Pickleball 3:30 - 4:30 pm					
4:00 PM						
4:30 PM					Lane/Open Swim 2:00 - 7:30 pm	Open Swim 8:00 am - 8:45 pm
5:00 PM						
5:30 PM	Divided Open Gym (all age use) 4:30-8:30 pm					
6:00 PM			Back to Living Well 6:00 pm - 6:45 pm			
6:30 PM						
7:00 PM		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			
7:30 PM					Master Swim 7:45 pm - 8:45 pm	
8:00 PM						
8:30 PM					Lane/Open Swim 8:45 pm - 9:15 pm	
9:00 PM						
9:30 PM						

Registered Programs Open Gym/Open Swim Drop in Recreational Programs
Drop In Group Fitness Registered Aquatic Leadership Programs



WEDNESDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	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	HIIT 9:15 - 10:00 am					
9:30 AM		CORE FIT 9:30 - 10:00 am				
10:00 AM	Child and Youth March Break Program 10:15-11:15 am			Child and Youth March Break Program 9:00 am-12:00 pm		
10:30 AM			Yoga 10:30 - 11:30 am		Lane Swim 9:45 - 12:45 pm	
11:00 AM						
11:30 AM	Walk Fit 11:30 - 12:15 pm					
12:00 PM						
12:30 PM						
1:00 PM					Hydrotherapy 1:00 - 1:45 pm	
1:30 PM						
2:00 PM	Family Open Gym					
2:30 PM						
3:00 PM						Open Swim 8:00 am - 8:45 pm
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Divided Open Basketball (all ages) 5:00 - 8:30 pm				Lane/Open Swim 2:00 - 9:15 pm	
6:00 PM						
6:30 PM			Queenax (Fitness Centre) 6:30-7:15 pm			
7:00 PM	Youth Leadership Development 7:00 - 8:00 pm		Yoga 7:00 - 8:00 pm	Youth Leadership Development 7:00-8:345 pm		
7:30 PM		Zumba 7:15 pm - 8:15pm				
8:00 PM						
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	Child and Youth March Break Programs 9:00-10:00 am	Cycle Fit 9:15 - 10:00 am				
9:30 AM			Yoga 9:30 - 10:30 am	Child and Youth March Break Program 9:00 am-12:00 pm		Open Swim 8:00am-10:45 am
10:00 AM	Strength & Conditioning 10:15 - 11:00 am				Lane Swim 9:45 - 12:45 pm	
10:30 AM						
11:00 AM						
11:30 AM	Gentle Fit 11:30 - 12:15 pm					
12:00 PM						Splashers 11:00 am - 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						
3:00 PM						
3:30 PM	Family Pickleball 3:30 - 4:30 pm					
4:00 PM					Lane/Open Swim 2:00 - 7:30 pm	Open Swim 12:00 - 8:45 pm
4:30 PM						
5:00 PM						
5:30 PM	Divided Open Gym (all age use) 4:30-8:30 pm					
6:00 PM		Cycle & Strength 6:00 - 7:00 pm	Back to Living Well 6:00 pm - 6:45 pm			
6:30 PM						
7:00 PM			Pilates Infusion 7:00 - 7:45 pm			
7:30 PM						
8:00 PM					Master Swim 7:45 pm - 8:45 pm	
8:30 PM						
9:00 PM					Lane/Open Swim 8:45 pm - 9:15 pm	
9:30 PM						

Registered Programs

Open Gym/Open Swim

Drop In Group Fitness

Registered Aquatic Leadership Programs

Drop in Recreational Programs

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						Open Swim 8:00 am - 8:45 pm
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15-10:00am		Yoga 9:30 - 10:30 am	Child and Youth March Break Program 9:00 am-12:00 pm		
9:30 AM						
10:00 AM	Child and Youth March Break Program 10:15-11:15 am	Zumba 10:15 - 11:15 am				
10:30 AM						
11:00 AM						
11:30 AM	Walk Fit 11:30 - 12:15 pm				Lane Swim 9:45 - 12:45 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						
2:30 PM	Open Basketball 3:00 - 7:00 pm				Lane/Open Swim 2:15 - 9:15 pm	
3:00 PM						
3:30 PM						
4:00 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						
8:30 PM						
9:00 PM						
9:30 PM						

SATURDAY								
	GYM	STUDIO A	STUDIO B	MULTI PURPOSE	LAP POOL	LEISURE POOL		
8:00 AM	Family Open Gym 8:00-10:30 am				Lane Swim 8:00 - 8:45			
8:30 AM								
9:00 AM		Cycle Fit 9:15 - 10:00 am			Lane/Open Swim 9:00 - 5:15 pm	Open Swim 9:00 - 5:15 pm		
9:30 AM								
10:00 AM								
10:30 AM	Divided Open Gym (All ages) 10:30 - 1:30 pm		Yin Yoga 10:15 - 11:15 am					
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Birthday Party Rentals 2:15 pm - 4:45 PM			Birthday Party Rentals 2:15 pm - 4:45 PM				
2:30 PM								
3:00 PM								
3:30 PM							Pool Closes at 5:15pm	
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	MULTI PURPOSE	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				Lane/Open Swim 9:00 - 1:00 pm	Open Swim 9:00 - 3:45 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						
1:30 PM					Lane Swim 1:15 - 2:15 pm	
2:00 PM						
2:30 PM						
3:00 PM					Advanced Aquatics 2:30 - 3:45 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

 207 Parkside Drive, Waterdown, ON

 flamborough.membership@ymcahbb.ca

 905-690-3555