



Flamborough Family YMCA - Schedule at a Glance

April 1 to July 1, 2024

MONDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM					Lane Swim 6:00 - 8:00 am	
6:30 AM						
7:00 AM						
7:30 AM	Pickleball 7:00 - 8:45 am					
8:00 AM						
8:30 AM						
9:00 AM	Body Fit 9:15 - 10:00 am				Aqua Fit 8:30 - 9:15 am	
9:30 AM						
10:00 AM						
10:30 AM		TRX 9:30-10:15			Lane Swim 9:45 - 12:45 pm	Open Swim 9:45-10:45
11:00 AM		Yoga for Strength 10:30 - 11:30 am				
11:30 AM						Splashers 11:00 - 12:00 pm
12:00 PM	Walk Fit 11:30 - 12:15 pm					Open Swim 12:00-12:45
12:30 PM						
1:00 PM					Hydrotherapy 1:00 - 1:45 pm	
1:30 PM						
2:00 PM						
2:30 PM	Divided Open Gym (all ages) 2:00 - 6:30 pm				Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45
3:00 PM					Community Rental 2:45 - 3:45 pm	
3:30 PM						
4:00 PM					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 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		
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						
7:30 PM			Yoga 7:00 - 8:00 pm	Karate 13+ 7:00-7:45 pm	Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm
8:00 PM	Zumba 7:15 pm - 8:15pm					
8:30 PM						
9:00 PM						
9:30 PM						

TUESDAY

	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		Cycle Fit 9:15 - 10:00 am				
9:30 AM						
10:00 AM	MuscleFit 10:15 - 11:00 am		Barre and Tone 9:30 - 10:15am			
10:30 AM					Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
11:00 AM						
11:30 AM	GentleFit 11:30 - 12:15 pm					
12:00 PM						
12:30 PM	Pickleball 12:30 - 3:00 pm				Aqua Fit 1:00 - 1:45 pm	
1:00 PM						
1:30 PM						
2:00 PM				Balance Plus 1:00-2:00 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					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
4:30 PM						
5:00 PM	Basketball Level 1 (6-9 yrs) 5:15 - 6:15 pm					
5:30 PM				YMCA Architeers (3-5 yrs) 5:30 - 6:15 pm		
6:00 PM						
6:30 PM	Basketball Level 1 (3-5 yrs) 6:30 - 7:15 pm		Back to Living Well 6:00 pm - 6:45 pm	YMCA Architeers (6-12 yrs) 6:30 - 7:30 pm		
7:00 PM		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			
7:30 PM	Basketball Level 2 (10-12 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						
9:00 PM					Lane Swim 8:45 pm - 9:15 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	Pickleball 7:00 - 8:45 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						
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	Divided Open Gym (all ages) 1:00 - 4:30 pm				Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45
2:30 PM						
3:00 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 - 5yrs) 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	ARTventures 6:00 - 7:00pm	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/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		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						
11:30 AM	Gentle Fit 11:30 - 12:15 pm				Lane Swim 9:45 - 12:45 pm	Splashers 11:00 - 12:00 pm
12:00 PM						Open Swim 12:00-12:45 pm
12:30 PM						
1:00 PM	Pickleball 12:30 - 3:00 pm				Aqua Fit 1:00 - 1:45 pm	
1:30 PM				Balance Plus 1:00-2:00 pm		
2:00 PM						
2:30 PM	Open Basketball 3:00 - 4:00 pm				Lane Swim 2:15 - 3:45 pm	Open Swim 2:15 - 3:45 pm
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Y-Climb (6-9 yrs) 5:15 pm - 6:15 pm			Art Sparks (3-5 yrs) 5:30 - 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	NEW! Vpr Pro 6:00-6:45 pm	Art Sparks (6-9 yrs) 6:30 - 7:30 pm		
6:30 PM	Sports Adventure (3-5 yrs) 6:30-7:15 pm					
7:00 PM			Pilates Infusion 7:00 - 7:45 pm			
7:30 PM	Y-Climb (10-12 yrs) 7:30 - 8:30pm				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						

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 - 7:00 am	
6:30 AM						
7:00 AM					Lane Swim 6:00 - 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		Yoga 9:30 - 10:30 am			
9:30 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	Pickleball 12:30 - 3:00 pm				Aqua Fit 1:00 - 1:45 pm	
1:00 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						
3:30 PM					Community Rental 1/2 Pool 3:30-4:30 pm	
4:00 PM	Divided Open Basketball (all ages) 3:00 - 7:00 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						
8:30 PM					Lane Swim 8:15 - 9:15 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	Soccer LVL 1 (3-5 yrs) 9:30 - 10:15 am					
10:00 AM			Yin Yoga 10:15 - 11:15 am			
10:30 AM	Soccer LVL 1 (6-9 yrs) 10:30 - 11:30 am					
11:00 AM						
11:30 AM	Soccer LVL 2 (10-12 yrs) 11:45 - 12:45 pm					
12:00 PM						
12:30 PM						
1:00 PM					Open Swim 1:15 -2:15 pm	Open Swim 1:15 - 5:15 Birthday Parties 2:45 - 4:00 pm
1:30 PM						
2:00 PM						
2:30 PM	Birthday Party Rentals 2:15 pm - 4:45 pm			Birthday Party Rentals 2:15 pm - 4:45 PM	Lane./Open Swim 2:45 -5:15 pm	
3:00 PM						
3:30 PM					Pool Closes at 5:15pm	
4:00 PM	Divided Open Basketball (all ages) 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						
12:30 PM						
1:00 PM						
1:30 PM	Divided Open Gym (all ages) 12:00 - 3:00 pm				Lane./Open Swim 1:15 - 2:15 pm	Open Swim 1:15 - 3:45; pm
2:00 PM						
2:30 PM						
3:00 PM					Open Swim 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