



Flamborough Family YMCA - Schedule at a Glance

May 22 to July 1, 2024

MONDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM							Lane Swim 6:00-8:00 am	
7:00 AM	Pickleball 7:00-8:45 am		CycleFit 7:15-8:15 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							
9:30 AM			TRX 9:30-10:15					Open Swim 9:45-10:45
10:00 AM								
10:30 AM			Yoga for Strength 10:30-11:30 am				Lane Swim 9:45-12:45 pm	Splashers 11:00-12:00 pm
11:00 AM								Open Swim 12:00-12:45 pm
11:30 AM	Walk Fit 11:30-12:15 pm							
12:00 PM								
12:30 PM							Hydrotherapy 1:00-1:45 pm	
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM							Lane Swim 2:00-3:45	Open Swim 2:00-3:45 pm
3:00 PM	Divided Open Gym (all ages) 12:45 pm-6:30 pm							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			Zumba Kids JR (3-5 yrs) 5:15 pm-6:00 pm			Karate Fundamentals (6-12 yrs) 5:00-5:45 pm	Swim Lessons 4:00-7:30 pm	Swim Lessons 4:00-7:30 pm
5:30 PM			Zumba Kids (6-12 yrs) 6:15 pm-7:00 pm			Karate Advanced (6-12 yrs) 6:00-6:45 pm		
6:00 PM								
6:30 PM								
7:00 PM	Zumba 7:15 pm-8:15 pm			Yoga 7:00-8:00 pm	Karate (Volunteer Instructor Class) 7:00-7:45 pm		Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

TUESDAY								
	GYM 1 & 2	GYM 3	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				Barre and Tone 9:30-10:15 am				
10:00 AM	Muscle Fit 10:15-11:00 am							
10:30 AM								
11:00 AM						Lane Swim 9:45-12:45 pm	Open Swim 9:45-12:45	
11:30 AM	Gentle Fit 11:30-12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	Pickleball 12:30-3:00 pm					Aqua Fit 1:00-1:45 pm		
2:00 PM					Balance Plus 1:00-2:00 pm			
2:30 PM						Lane Swim 2:00-3:45	Open Swim 2:00-3:45	
3:00 PM								
3:30 PM	Open Basketball 3:00-4:45 pm							
4:00 PM								
4:30 PM								
5:00 PM	Basketball Level 1 (6-9 yrs) 5:15-6:15 pm	Basketball Level 1 (3-5 yrs) 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	Basketball Level 2 (6-9 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 & 3 (10-12 yrs) 7:45-8:45 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								

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



Shine On

WEDNESDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE	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						Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
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	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							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Karate Fundamentals (6 - 12 yrs) 5:00 - 5:45 pm				Move It (3 - 5 yrs) 5:00 - 5:45 pm		
5:30 PM						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM	Karate Fundamentals (6 - 12 yrs) 6:00 - 6:45 pm			Queenax (Fitness Centre) 6:30-7:15 pm	<u>NEW CLASS!</u> <u>Move & Flow (6-12 yrs)</u> <u>6:00 - 6:45 pm</u>		
6:30 PM							
7:00 PM	Karate Advanced (6 - 12 yrs) 7:00 - 7:45 pm			Yoga 7:00 - 8:00 pm	Youth Leadership Development (10+ yrs) 7:00 - 8:30 pm		
7:30 PM			Zumba 7:15 pm - 8:15 pm				
8:00 PM	Youth Leadership Development (10+ yrs) 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 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE	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	Yoga 9:30 - 10:30 am			
9:30 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						Open Swim 12:00-12:45 pm
12:00 PM							
12:30 PM						Aqua Fit 1:00 - 1:45 pm	
1:00 PM	Pickleball 12:30 - 3:00 pm				Balance Plus 1:00-2:00 pm		
1:30 PM						Lane Swim 2:00 - 3:45 pm	Open Swim 2-3:45 pm
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball 3:00 - 4:45 pm						
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Sports Adventure (6-12 yrs) 5:15 pm - 6:15 pm				YMCA Architeers (3-5 yrs) 5:30 - 6:15 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM			Cycle & Strength 6:00 - 7:00 pm		YMCA Architeers (6-12 yrs) 6:30 - 7:30 pm		
6:30 PM	Sports Adventure (3-5 yrs) 6:30-7:15 pm			Pilates Infusion 7:00 - 7:45 pm			
7:00 PM							
7:30 PM	Y-Climb (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							

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

FRIDAY

	GYM 1 & 2	GYM 3	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				
10:30 AM							
11:00 AM						Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
11:30 AM	WalkFit 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 12:30 - 3:00 pm						
2:00 PM						Lane Swim 2:15 - 3:45 pm	Open Swim 2:15 - 3:45 pm
2:30 PM							
3:00 PM							
3:30 PM						Community Rental 1/2 Pool 3:30-4:30 pm	
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Divided Open Basketball (all ages) 3:00 - 9:00 pm					Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 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 1 & 2	GYM 3	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				
9:30 AM	Floor Hockey LVL 1 (6-12 yrs) 9:30 - 10:30 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	Volleyball LVL 1 (6-12 yrs) 10:45 - 11:45 am					Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM						Open Swim 1:15 - 2:15 pm	Open Swim 1:15 - 5:15
1:30 PM							Open Swim 1:15 - 5:15
2:00 PM							Open Swim 1:15 - 5:15
2:30 PM	Birthday Party Rentals 2:15 pm - 3:45 pm				Birthday Party Rentals 2:15 pm - 4:45 PM	Lane / Open Swim 2:45 - 5:15 pm	Birthday Parties 2:45 - 4:00 pm
3:00 PM							
3:30 PM						Pool Closes at 5:15pm	
4:00 PM	Divided Open Basketball (all ages) 3:45 - 5:15 pm						
4:30 PM							
5:00 PM							
5:30 PM							

SUNDAY

	GYM 1 & 2	GYM 3	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						
9:30 AM							
10:00 AM			TRX 10:15 - 11:00 am				
10:30 AM	Family Pickleball 10:30 - 11:30 am					Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM						Lane / Open Swim 1:15 - 2:15 pm	Open Swim 1:15 - 3:45; pm
1:30 PM							
2:00 PM	Divided Open Gym (all ages) 12:00 - 3:30 pm						
2:30 PM							
3:00 PM						Open Swim 2:30 - 3:45 pm	
3:30 PM							
4:00 PM							

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



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