



Flamborough Family YMCA - Schedule at a Glance

September 3, 2024 to December 22, 2024

MONDAY

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

TUESDAY

	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	Divided Open Gym (All Ages) 7:00 - 9:30 am								
7:30 AM									
8:00 AM									
8:30 AM									
9:00 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					
10:00 AM	Muscle Fit 10:15-11:00 am						Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 -12:45	
10:30 AM									
11:00 AM									
11:30 AM	Gentle Fit 11:30 - 12:15 pm			NEW CLASS! Baby & Me 11:30-12:15pm					
12:00 PM									
12:30 PM	Pickleball 12:30 - 3:00 pm								
1:00 PM							Aqua Fit 1:00 - 1:45 pm		
1:30 PM						Balance Plus 1:00-2:00 pm			
2:00 PM									
2:30 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm						Lane Swim 2:00 -3:45	Open Swim 2:00 -3:45	
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM							Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
5:00 PM	Basketball Level 1 (Ages 6-9) 5:15 -6:15 pm	Basketball Level 1 (Ages 3-5) 5:15 -6:00 pm			ARTSpark (Ages 3-5) 5:30-6:15 pm				
5:30 PM						Artventures (Ages 6-12) 6:30-7:30pm			
6:00 PM									
6:30 PM	Basketball Level 2 (Ages 6-9) 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 (Ages 10-12) 7:45-8:45 pm						Master Swim 7:45-8:45	Open Swim 7:45 -8:45	
8:00 PM									
8:30 PM							Lane Swim 8:45 pm - 9:15 pm		
9:00 PM									

Registered Programs
Drop In Group Fitness

Registered Child and Youth Programs
Open Swims (Lap or Leisure)

Drop in Recreational Programs

WEDNESDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	NEW CLASS! Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:00 am	
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:45 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							Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
10:30 AM				Yoga 10:30- 11:30 am				
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM	Divided Open Gym (all ages) 12:45 - 4:30 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								
3:00 PM							Community Rental 2:45-3:45 pm	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM								
6:00 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm							
6:30 PM			Zumba Step 6:30-7:00pm	Queenax - Fitness Floor® 6:30-7:15pm				
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm							
7:30 PM			Zumba 7:15 pm - 8:15pm	Yoga 7:00-8:00 pm			NEW CLASS! Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45
8:00 PM								
8:30 PM							Lane Swim 8:30 - 9:15 pm	
9:00 PM								
9:30 PM								

THURSDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM							Lane Swim 6:00 - 8:00 am		
6:30 AM									
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am								
7:30 AM									
8:00 AM							Aqua Fit 8:30 - 9:15 am		
8:30 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						Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 10:45	
10:30 AM								Splashers 11:00 - 12:00 pm	
11:00 AM									
11:30 AM	Gentle Fit 11:30 - 12:15 pm							Open Swim 12:00-12:45 pm	
12:00 PM									
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm		
1:00 PM						Balance Plus 1:00-2:00 pm			
1:30 PM									
2:00 PM							Lane Swim 2:00 - 2:45 pm	Open Swim 2:15 - 3:45 pm	
2:30 PM									
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:30 pm						Lane/Open Swim 2:45-3:45 pm		
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Floor Hockey (Ages 7-10) 5:15 pm - 6:15 pm				YMind (Ages 12-14) 4:00-5:30pm		Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
5:30 PM									
6:00 PM	Flag Football Skills & Drills (Ages 6-12) 6:30-7:30 pm		Cycle & Strength 6:00 - 7:00 pm		YMCA STEAM (Ages 3-5) 5:45-6:30 pm				
6:30 PM									
7:00 PM	Y-Climb (Ages 6-12) 7:30 - 8:30pm			New Time! Pilates Infusion 7:15 - 8:00 pm	YMCA STEAM (Ages 6-12) 6:45-7:45 pm				
7:30 PM							Master Swim 7:45-8:45	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

Registered Child and Youth Programs

Drop In Group Fitness

Open Swims (Lap or Leisure)

Drop in Recreational Programs

FRIDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM							Lane Swim / Community Rental 6:00 - 7:00 am		
6:30 AM									
7:00 AM	Divided Open Gym (All Ages) 7:00 - 8:30 am						Lane Swim 7:00 - 8:00 am		
7:30 AM									
8:00 AM									
8:30 AM							Aqua Fit 8:30 - 9:15 am		
9:00 AM	Body Fit 9:15-10:00 am								
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	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	Divided Open Gym (All Ages) 3:15 - 9:00 pm						Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 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								Lane Swim 8:15 - 9:15 pm	
9:00 PM									
9:30 PM									
SATURDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
8:00 AM							Lane Swim 8:00 - 8:45		
8:30 AM									
9:00 AM	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am		Cycle Fit 9:15 - 10:00 am		STEAM (Ages 6-12) 9:00 - 10:00 am		Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
9:30 AM									
10:00 AM	Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am				STEAM (Ages 3-5) 10:15-11:00 am				
10:30 AM			NEW TIME! VIPR (pre-register) 10:30-11:15 am	Yin Yoga 10:15 - 11:15 am					
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm								
12:30 PM						Birthday Party 1 Rental 12:00 - 2:00 pm			
1:00 PM									
1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 1:15 - 2:15 pm	Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
2:00 PM									
2:30 PM									
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm								
3:30 PM									
4:00 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm					Birthday Party 2 Rental 3:00-5:00 pm	Lane /Open Swim 2:45 - 5:15 pm		
4:30 PM									
5:00 PM							Pool Closes at 5:15pm		
SUNDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	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	Divided Open Gym (All Ages) 12:00 - 3:30 pm								
12:30 PM									
1:00 PM									
1:30 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							Pool Closes at 3:45 pm		
Registered Programs		Registered Child and Youth Programs		Drop in Recreational Programs					
Drop In Group Fitness		Open Swims (Lap or Leisure)							



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.

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

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 905-690-3555