



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									
6:30 AM			NEW CLASS! Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8:00 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								
9:30 AM			TRX 9:30-10:15					Open Swim 9:45-10:45	
10:00 AM			Yoga for Strength 10:30 - 11:30 am						
10:30 AM							Lane Swim 9:45 - 12:45 pm	Splashers 11:00 - 12:00 pm	
11:00 AM	Walk Fit 11:30 - 12:15 pm							Open Swim 12:00-12:45 pm	
11:30 AM									
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									
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 (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									
6:30 PM									
7:00 PM	Zumba 7:15 pm - 8:15pm			Yoga 7:00 - 8:00 pm		Karate (Volunteer Instructor Class) 7:00-7:45 pm			
7:30 PM									
8:00 PM								Open Swim 7:45-8:45 pm	
9:00 PM							Lane Swim 7:45-9:15		
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							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 - 10:15am				
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			NEW CLASS! Baby & Me 11:30-12:15pm				
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:30 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	Divided Open Gym (All Ages) 3:15 - 4:45 pm							
3:30 PM								
4:00 PM								
4:30 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	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 (Ages 6-9) 6:30 - 7:30 pm							
7:00 PM								
7:30 PM	Basketball Level 2 & 3 (Ages 10-12) 7:45-8:45 pm		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 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
- Registered Child and Youth Programs
- Drop In Group Fitness
- 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		CORE FIT 9:30 - 10:00 am					
9:30 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							Hydrotherapy 1:00 - 1:45 pm	
1:00 PM	Divided Open Gym (all ages) 12:45 - 4:30 pm						Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45
1:30 PM								
2:00 PM								
2:30 PM							Community Rental 2:45-3:45 pm	
3:00 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	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm							
5:30 PM								
6:00 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm		Zumba Step 6:30-7:00pm	Queenax - Fitness Floor* 6:30-7:15pm				
6:30 PM								
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 pm - 8:15pm	Yoga 7:00-8:00 pm				
7:30 PM						NEW CLASS! Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45	
8:00 PM								
8:30 PM								
9:00 PM						Lane Swim 8:30 - 9:15 pm		
9:30 PM								

THURSDAY

	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								
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 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	Splashes 11:00 - 12:00 pm
11:30 AM	Gentle Fit 11:30 - 12:15 pm							
12:00 PM								Open Swim 12:00-12:45 pm
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:00 PM								
1:30 PM						Balance Plus 1:00-2:00 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							Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:00 PM	Floor Hockey (Ages 7-10) 5:15 pm - 6:15 pm				YMind (Ages 12-14) 4:00-5:30pm			
5:30 PM								
6:00 PM			Cycle & Strength 6:00 - 7:00 pm			YMCA STEAM (Ages 3-5) 5:45-6:30 pm		
6:30 PM	Flag Football Skills & Drills (Ages 6-12) 6:30-7:30 pm							
7:00 PM								
7:30 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	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								
10:30 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	Pickleball 12:30 - 3:00 pm								
1:00 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									
3:30 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm								
4:00 PM									
4:30 PM									
5:00 PM									
5:30 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 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		
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			Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
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	
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	Open Swim 1:15 - 5:15 Birthday Parties 3:00-4:00 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								
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	Divided Open Gym (All Ages) 12:00 - 3:30 pm								
12:30 PM									
1:00 PM								Lane/Open Swim 1:15 - 2:15 pm	
1:30 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 Group Fitness
 Open Swims (Lap or Leisure)

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.

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