

Flamborough Family YMCA - Schedule at a Glance September 3, 2024 to December 22, 2024

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				MOND	١Y			
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM			NEW CLASS!				Lane Swim	
			Cycle Fit 6:30-7:15 am				6:00-8::15 am	
7:00 AM	Picklet		0.30-7.13 dill					
7:30 AM 8:00 AM	7:00-8:4	5 am						
8:30 AM							Aqua Fit	
9:00 AM	Body	Cit					8:30-9:15 am	
9:30 AM	9:15 - 10:0		TRX					
	Open C		9:30-10:15					Open Swim
10:00 AM 10:30 AM	(All Ag		Yoga for Strength					9:30-10:45
11:00 AM	10:15-11:		10:30 - 11:30 am				Lane Swim	Splashers
11:30 AM	Walk Fit 11:30 - 12:15 pm						9:30- 12:45 pm	11:00 - 12:00 pm
12:00 PM								Open Swim
12:30 PM		•						12:00-12:45 pm
1:00 PM							Hydrotherapy	
1:30 PM							1:00 - 1:45 pm	
2:00 PM							Lane Swim	
2:30 PM							2:00 - 2:45 pm	Open Swim
3:00 PM	Divided Op	en Gym					Community Rental	2:00 - 3:45 pm
3:30 PM	(all age						2:45-3:45 pm	
4:00 PM	12:45 pm - 6	6:30 pm						
4:30 PM								
5:00 PM			Zumba Kids JR (Ages 3-5)		Karate Fundament		Swim Lessons	Swim Lessons
5:30 PM			5:15 pm - 6:00pm		5:00-5:45 pm Karate Advanced (Ages 6 - 12)		4:00 - 7:30 pm	4:00 - 7:30 pm
6:00 PM			Zumba Kids (Ages 6-12)					
6:30 PM			6:15 pm - 7:00pm		6:00-6:45 pm			
7:00 PM	Zumł	ba		Hatha Yoga	Karate (Volunteer Instructor Class)			
7:30 PM	7:15 pm - 8	3:15pm		7:00 - 8:00 pm	7:00-74	pm		Open Swim 7:45-8:45 pm
8:00 PM							Lane Swim	
9:00 PM							7:45-9:15	7.45°0.45 pm
8:30 PM 9:30 PM								
9.501101				TUECDA	V			
				TUESDA				
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM							Lane Swim	
7:00 AM							6:00 - 8:15 am	
7:30 AM		Open Gym I Ages)						
8:00 AM 8:30 AM		- 9:30 am					Aqua Fit	
9:00 AM	7.00		Cycle Fit				8:30-9:15 am	
9:00 AM 9:30 AM			9:15 - 10:00 am	Barre and Tone				
10:00 AM		Iscle Fit		9:30 - 10:15am				
		-11:00 am						
10:30 AM	10.15							
11:00 AM							Lane Swim	Open Swim
11:30 AM	Ger	ntle Fit		NEW CLASS!			9:30-12:45 pm	9:30-12:45
		- 12:15 pm		Baby&Me 11:30-12:15pm				
12:00 PM				11.30-12.13011				
12:30 PM 1:00 PM							Aqua Fit	
		kleball			Balano	Plus	1:00 - 1:45 pm	
1:30 PM 2:00 PM	12:30	12:30 - 3:00 pm			1:00-2:0		1.00 - 1.45 pm	
2:00 PM 2:30 PM							Lane Swim O	Open Swim
3:00 PM	Divided	Open Gym					2:00-3:45	2:00-345
3:30 PM	(All	Ages)						
4:00 PM	3:15-	4:45 pm						
					1			

4:00 PM								
4:30 PM								
5:00 PM	Basketball Level 1 (Ages 6-9) Basketball Level 1 (Ages 3-5)			ARTSpark (Ages 3-5)				
5:30 PM	5:15-6:15 pm	5:15-6:00 pm			5:30-6:15 pm		Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM				NEW CLASS!				
6:30 PM	Basketball Level 2 (Ages 6-9) 6:30 -7:30 pm			Boot Camp 6:00-6:45	Artventures (Ages 6-12) 6:30-7:30pm			
7:00 PM	- 0.30-7.30 pm		TRX	Yoga				
7:30 PM	Basketball Level 2 & 3 (Ages 10-12)		7:00 - 7:45 pm	7:00 - 8:00 pm			Master Swim	Open Swim
8:00 PM	7:45-8:45 pm						7:45-8:45	7:45-8:45
8:30 PM							Lane Swim	71.5 5115
9:00 PM							8:45 pm - 9:15 pm	

Registered Programs Drop In Group Fitness Registered Child and Youth Programs Open Swims (Lap or Leisure)

				WEDNESDA	NY			
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM		CLASS!						
6:30 AM		I Conditioning :55 am					Lane Swim / Community Rental	
7:00 AM							6:00 - 8:15 am	
7:30 AM		leball						
8:00 AM	7:15-8	3:45 am						
8:30 AM							Aqua Fit	
9:00 AM		IIT					8:30-9:15 am	
9:30 AM	9:15 - 10:00 am		CORE FIT 9:30-10:00 am					
10:00 AM		nGym						
10:30 AM		Ages) 11:15 am		Yoga 10:30- 11:30 am				Open Swim 9:30-12::45
11:00 AM				10:30-11:30 am			Lane Swim	
11:30 AM		lk Fit 12:15 pm					9:30-12:45 pm	
12:00 PM	- 06.11	12.15 pili						
12:30 PM								
1:00 PM							Hydrotherapy	
1:30 PM							1:00 - 1:45 pm	
2:00 PM		Open Gym					Lane Swim 2:00 - 2:45 pm	
2:30 PM		ages) 4:30 pm					· · · · · · · · · · · · · · · · · · ·	Open Swim 2:00-3:45
3:00 PM	12.45	4.50 pm					Community Rental 2:45-3:45 pm	2.00-5.45
3:30 PM 4:00 PM							2.45 5.45 pm	
4:30 PM	Karata Fundama	ntals (Ages 6 - 12)						
5:00 PM		5:45 pm						
5:30 PM	5100						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM	Karate Fundame	entals (Ages 6 - 12)					4.00-7.50 pm	4:00-7:50 pm
6:30 PM	6:00-6	5:45 pm	Zumba Step 6:30-7:00pm	Queenax - Fitness Floor* 6:30-7:15pm			_	
7:00 PM	Karate Advanc	ed (Ages 6 - 12)		NEW FORMAT!				
7:30 PM		7:45 pm	Zumba	Yang/Yin Yoga			NEW CLASS! Aqua Blast	Open Swim
			7:15 pm - 8:15pm	7:00-8:00 pm				
8:00 PM							7:40-8:25 pm	7:45 -8:45
8:30 PM							Lane Swim	
9:00 PM							8:30 - 9:15 pm	
9:30 PM								

				THURSD	AY			
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSEB	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM							Lane Swim	
7:00 AM							6:00 - 8:15 am	
7:30 AM		Open Gym						
8:00 AM		Ages) 9:30 am						
8:30 AM	7.00-1	9:30 am					Aqua Fit 8:30 - 9:15 am	
9:00 AM		1	Cycle Fit 9:15 - 10:00 am				0:50-9:15 dill	
9:30 AM	Strength & Conditioning		9.13 - 10.00 dill	Yoga 9:30 - 10:30 am				
10:00 AM				2.50 10.50 am				Open Swim 9:30-10:45
10:30 AM	10.15	11.00 diff						
11:00 AM		-					Lane Swim 9:30- 12:45 pm	Splashers 11:00 - 12:00 pm
11:30 AM		itle Fit 12:15 pm					9:50-12:45 pm	
12:00 PM	- 06:11	12:15 pm						Open Swim
12:30 PM								12:00-12:45 pm
1:00 PM	Pick	leball					Aqua Fit 1:00 - 1:45 pm	
1:30 PM		3:00 pm				Balance Plus		
2:00 PM					1:00-2:00 pm		Lane Swim	
2:30 PM							2:00 - 2:45 pm	Open Swim
3:00 PM	Divided (Open Gym					Lane/Open Swim	2:00 -3:45 pm
3:30 PM	(All	Ages)					2:45-3:45 pm	
4:00 PM	3:15-4	4:45 pm						
4:30 PM								
5:00 PM								
5:30 PM		ey (Ages 7-10)					Swim Lessons	Swim Lessons
	5:15 pm	-6:15 pm					4:00 - 7:30 pm	4:00 - 7:30 pm
6:00 PM			Cycle & Strength		YMCA STEAN			
6:30 PM			6:00 - 7:00 pm		5:45-6:3	sopm		
7:00 PM				Pilates Infusion		(Acres 6 12)		
	V Charles	Ages 6-12)		7:00 - 7:45 pm	YMCA STEAM 6:45-7:4		Master Suine	Open Swim
7:30 PM		Ages 6-12) 8:30pm			0.157.1	i Master Swin	7:45-8:45	7:45 -8:45
8:00 PM	7.50	oloop						
8:30 PM							Lane Swim	
9:00 PM							8:45 pm - 9:15 pm	
9:30 PM								

Registered Programs Drop In Group Fitness Registered Child and Youth Programs Open Swims (Lap or Leisure)

				FRIDAY				
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM		V CLASS!					Lane Swim / Community	
		nd Conditioning					Rental	
6:30 AM		1-6:55 am					6:00 - 7:00 am	
7:00 AM		en Gym					Lane Swim 7:00 - 8:15 am	
7:30 AM		ll Ages) - 8:45 am					7.00 0.15 am	
8:00 AM	7.13						Agus Eit	
8:30 AM 9:00 AM	Br	ody Fit					Aqua Fit 8:30-9:15 am	
9:30 AM		-10:00 am		Yoga			oloo yiib am	
10:00 AM				9:30 - 10:30 am				
10:30 AM		/umba 5-11:15 am						
11:00 AM	10.15	-11.15 dill					Lane Swim	Open Swim
11:30 AM		/alkFit					9:30-12:45 pm	9:30-12:45
12:00 PM	11:30	- 12:15 pm						
12:30 PM								
1:00 PM	Pic	ckleball					Aqua Fit	
1:30 PM)-3:00 pm					1:00 - 1:45 pm	
2:00 PM							Lane Swim	Open Swim
2:30 PM		1					2:00 - 3:45 pm	2:00 - 3:45 pm
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM		d Open Gym					Private Swim Lesson	Private Swim Lesson
6:00 PM		ll Ages)					4:00 pm - 8:00 pm	4:00 pm - 8:00 pm
6:30 PM	3:15	-9:00 pm						
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM							Lane Swim 8:15 - 9:15 pm	
9:00 PM						Î	0.15-9.15 pm	
				SATURDA	Υ			
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM							Lane Swim	
8:30 AM							8:00 -8:45	
9:00 AM	Soccer Level	I 1 (Ages 3-5)						
		9:45 am	Cycle Fit					
9:30 AM			9:15 - 10:00 am					
10:00 AM	Soccerlevel	2 (Ages 6-12)			STEAM (A		Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
		11:00 am	NEW TIME!	Yin Yoga 10:15 - 11:15 am	10:15-11:	00 am		
10:30 AM			ViPR (pre-register)					
11:00 AM			10:15-11:00 am				9.00-1.00 pm	
11:30 AM								
12:00 PM	Birthday Pa	arty 1 Rental						
12:30 PM	12:00 -	1:00 pm			Birthday Part	ty 1 Rental		
1:00 PM					12:00-2:0	00 pm		
1:30 PM	Divided (++				Open Swim	
		Open Gym						
2:00 PM	(All A	Ages)					1:15 -2:45 pm	
	(All A							Open Swim
2:30 PM	(All A	Ages)						1:15 - 5:15
	(All A 1:15-2 Birthday Pa	Ages) 230 pm arty 2 Rental					1:15-2:45 pm	
2:30 PM	(All A 1:15-2 Birthday Pa	Ages) 2:30 pm			Birthday Par			1:15 - 5:15 Birthday Parties
2:30 PM 3:00 PM 3:30 PM 4:00 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C	Ages) 1:30 pm arty 2 Rental 1:00 pm Dpen Gym			Birthday Part 3:00-5:0		1:15-2:45 pm Shared Lane /Open Swim	1:15 - 5:15 Birthday Parties
2:30 PM 3:00 PM 3:30 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All /	Ages) 230 pm arty 2 Rental 4:00 pm Open Gym Ages)					1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm	1:15 - 5:15 Birthday Parties 3:00- 4:00 pm
2:30 PM 3:00 PM 3:30 PM 4:00 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All /	Ages) 1:30 pm arty 2 Rental 1:00 pm Dpen Gym			3:00-5:0		1:15-2:45 pm Shared Lane /Open Swim	1:15 - 5:15 Birthday Parties 3:00- 4:00 pm
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All /	Ages) 230 pm arty 2 Rental 4:00 pm Open Gym Ages)		SUNDAY	3:00-5:0		1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm	1:15 - 5:15 Birthday Parties 3:00- 4:00 pm
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All /	Ages) 230 pm arty 2 Rental 4:00 pm Open Gym Ages)		SUNDAY	3:00-5:0		1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm	1:15 - 5:15 Birthday Parties 3:00- 4:00 pm
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5	Ages) H30 pm H30 pm Ages) H5 pm H30 pm H			3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 8:00 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5	Ages) H30 pm H30 pm Ages) H5 pm H30 pm H	STUDIO A		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5 GYM 1&2	Ages) H30 pm H30 pm H30 pm Dpen Gym Ages) H5 pm GYM 3			3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5 GYM 1 & 2 Strength & C	Ages) H30 pm H30 pm Ages) H5 pm H30 pm H	STUDIO A		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5 GYM 1 & 2 Strength & C	Ages) H30 pm H30 pm Dopen Gym Ages) H35 pm GYM 3 Conditioning	STUDIO A		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5 GYM 1 & 2 Strength & G 9:15-1	Ages) H30 pm H30 pm Dopen Gym Ages) H35 pm GYM 3 Conditioning			3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1	Ages) H30 pm H30 pm Dopen Gym Ages) H35 pm GYM 3 Conditioning 0:00 am	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am Swim Lessons	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1	Ages) I:30 pm I:30 pm I:30 pm Dopen Gym Ages) I:15 pm GYM 3 Conditioning 0:00 am Pickleball	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1	Ages) I:30 pm I:30 pm I:30 pm Dopen Gym Ages) I:15 pm GYM 3 Conditioning 0:00 am Pickleball	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am Swim Lessons	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1	Ages) I:30 pm I:30 pm I:30 pm Dopen Gym Ages) I:15 pm GYM 3 Conditioning 0:00 am Pickleball	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am Swim Lessons	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM	(All / 1:15-2 Birthday Pa 3:00 - 4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15 - 1 Family F 10:30 - 1	Ages) H30 pm H30 pm Dopen Gym Ages) H35 pm GYM 3 GYM 3 Conditioning 0:00 am Pickleball 11:30 am	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at Lane Swim 8:00 - 8:45 am Swim Lessons 9:00 - 1:00 pm	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1&2 GYM 1&2 Strength & G 9:15-1 10:30-1	Ages) I:30 pm I:30 pm I:30 pm Dopen Gym Ages) I:15 pm GYM 3 Conditioning 0:00 am Pickleball	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am Swim Lessons	1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 2:00 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1 1 10:30-1	Ages) I:30 pm I:30 pm Dopen Gym Ages) I:15 pm GYM 3 GYM 3 Conditioning 0:00 am Pickleball 11:30 am Dopen Gym	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00-8:45 am Swim Lessons 9:00 - 1:00 pm Shared Lane/Open Swim	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1 1 10:30-1	Ages) Higher Strengtheres (Constraints) Ages) Higher Strengtheres (Constraints) Ages) Higher Strengtheres (Constraints) Ages) Ages) Ages) Higher Strengtheres (Constraints) Higher St	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at LAP POOL Lane Swim 8:00 - 8:45 am Swim Lessons 9:00 - 1:00 pm Shared Lane/Open Swim 1:15 - 2:30 pm Open Swim	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL Swim Lessons 9:00 - 1:00 pm
2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 8:00 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 11:00 AM 11:30 AM 11:30 PM 12:30 PM 2:30 PM 3:00 PM	(All / 1:15-2 Birthday Pa 3:00-4 Divided C (All / 4:15-5 GYM 1 & 2 GYM 1 & 2 Strength & C 9:15-1 1 10:30-1	Ages) Higher Strengtheres (Constraints) Ages) Higher Strengtheres (Constraints) Ages) Higher Strengtheres (Constraints) Ages) Ages) Ages) Higher Strengtheres (Constraints) Higher St	TRX		3:00-5:0	0pm	1:15-2:45 pm Shared Lane /Open Swim 2:15-5:15 pm Pool Closes at Lane Swim 8:00-8:45 am Swim Lessons 9:00-1:00 pm Shared Lane/Open Swim 1:15-2:30 pm	1:15-5:15 Birthday Parties 3:00-4:00 pm 5:15pm LEISURE POOL Swim Lessons 9:00 - 1:00 pm
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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 (Times May Vary Check In-Branch)

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 or 1 adult per 4 children if <u>all children</u> are in life jackets.

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 or 1 adult per 4 children if <u>all</u> <u>children</u> are in life jackets.

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