

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			Cycle Fit 8:45am - 9:45 am				Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
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								
11:00 AM									
11:30 AM			New Class! Line Dancing 11:30-12:30 pm						
12:00 PM	Divided Open Gym (All Ages) 12:00 - 3:30 pm								
12:30 PM									
1:00 PM								Lane/Open Swim 1:15 - 2:30 pm	Open Swim 1:15 - 3:45 pm
1:30 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		

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 all children 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 all children 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.

SPRING REGISTRATION DATES - Child and Youth LAND PROGRAMS					
Session	Start to End	Registration Opens	Members	Non-Members	
Spring 1 8 weeks	March 3 - May 4	February 10		February 17	
Spring 2 8 Weeks	May 5 - June 29	April 14		April 21	
Summer 8 Weeks	June 30 - August 24	June 9		June 16	
Karate Spring 11 weeks	April 7- June 22	March 18		March 25	
Karate Summer 8 weeks	June 30- August 4	June 9		June 16	

SPRING REGISTRATION DATES - AQUATICS			
Session	Start to End	Registration Opens	
Spring 11 Weeks	April 7 - June 22	March 31	
Summer 8 Weeks	June 30 - August 24	June 23	

 207 Parkside Drive, Waterdown, ON

 flamborough.membership@ymcahbb.ca

 905-690-3555

Flamborough Family YMCA


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Flamborough Family YMCA - Schedule at a Glance

March 10 - 16, 2025 - March Break



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 - 8:15 am		
6:30 AM			Cycle Fit 6:30-7:15 am						
7:00 AM	Pickleball 7:00 - 8:45 am								
7:30 AM									
8:00 AM							Aqua Fit 8:30 - 9:15 am		
8:30 AM	Body Fit 9:15 - 10:00 am				March Break 1/2 Day Camp 9:00am -12:00 pm				
9:00 AM									
9:30 AM	March Break Camp 10:15 - 11:15 am		TRX 9:30-10:15						
10:00 AM			Yoga for Strength 10:30 - 11:30 am				Lane Swim 9:30- 12:45 pm	Open Swim 9:30 am-8:45 pm	
10:30 AM									
11:00 AM	WalkFit 11:30 - 12:15 pm								
11:30 AM									
12:00 PM	Divided Open Gym (all ages) 12:45 pm - 6:30 pm								
12:30 PM									
1:00 PM							Hydrotherapy 1:00 - 1:45 pm		
1:30 PM									
2:00 PM							Lane/Open Swim 2:00 - 3:45 pm		
2:30 PM									
3:00 PM							Open Swim 4:00 - 7:30 pm		
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM	Zumba 7:15 pm - 8:15pm								
6:30 PM									
7:00 PM	Zumba 7:15 pm - 8:15pm		Hatha Yoga 7:15 - 8:15pm	Back to Living Well 6:15 pm - 7:30 pm	Karate (Volunteer Instructor Class) 7:00 -745 pm				
7:30 PM									
8:00 PM							Lane Swim 7:45-9:15		
9:00 PM									
8:30 PM									
9:30 PM							Pool Closes at 9:15 pm		

TUESDAY

	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 - 8:15 am		
6:30 AM									
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9830 am								
7:30 AM									
8:00 AM							Aqua Fit 8:30 - 9:15 am		
8:30 AM									
9:00 AM	March Break Camp 9:00-10:00 am		Cycle Fit 9:15 - 10:00 am		March Break 1/2 Day Camp 9:00am -12:00 pm			Open Swim 9:30 am-8:45 pm	
9:30 AM				Barre and Tone 9:30 - 10:15am					
10:00 AM	Muscle Fit 10:15-11:00 am						Lane Swim 9:30- 12:45 pm		
10:30 AM									
11:00 AM	Gentle Fit 11:30 - 12:15 pm								
11:30 AM				Baby & Me 11:30-12:15pm					
12:00 PM	Pickleball 12:30 - 3:00 pm								
12:30 PM									
1:00 PM							Aqua Fit 1:00 - 1:45 pm		
1:30 PM					Balance Plus 1:00-2:00 pm				
2:00 PM							Lane/Open Swim 2:00 - 3:45 pm		
2:30 PM									
3:00 PM							Open Swim 4:00 - 7:30 pm	Open Swim 9:30 am-8:45 pm	
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM							Master Swim 7:45-8:45		
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM	Registered Programs	Registered Child and Youth Programs	Drop In Group Fitness	Open Swims (Lap or Leisure)	Drop in Recreational Programs		Lane Swim 8:45 pm - 9:15 pm		
9:00 PM							Pool Closes at 9:15 pm		

WEDNESDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 7:00 am	
6:30 AM								
7:00 AM	Pickleball 7:15-8:45 am	Open Gym (All Ages) 7:15 - 8:45 am					Lane Swim 7:00 - 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			Yoga 9:30 - 10:30 am	March Break 1/2 Day Camp 9:00am-12:00 pm			
9:30 AM								
10:00 AM	March Break Camp 10:15 - 11:15 am		Zumba 10:15-11:15am				Lane Swim 9:30- 12:45 pm	Open Swim 9:30 am-8:45 pm
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							
1:00 PM						Aqua Fit 1:00 - 1:45 pm		
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM						Lane/Open Swim 2:00 - 3:45 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								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM						Lane Swim 7:45-9:15		
							Pool Closes at 9:15 pm	

FRIDAY

THURSDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTI PURPOSE B	LAP POOL	LEISURE POOL	
8:00 AM	Divided Open Gym (All Ages) 8:00 - 11:45 am						Lane Swim 8:00 -8:45		
8:30 AM									
9:00 AM			Cycle Fit 9:15 - 10:00 am					Open Swim 9:00 -2:15 pm	Open Swim 9:00 - 5:15
9:30 AM									
10:00 AM				Yin Yoga 10:15 - 11:15 am					
10:30 AM			ViPR (pre-register) 10:15-11:00 am						
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm					Birthday Party 1 Rental 12:00 -2:00 pm			
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm								
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm					Birthday Party 2 Rental 3:00-5:00 pm	Lane / Open Swim 2:15-5:15 pm		
3:30 PM									
4:00 PM	Divided Open Gym (All Ages) 4:15- 5:15 pm								
4:30 PM									
5:00 PM							Pool Closes at 5:15pm		
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.									

SATURDAY

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.