

FLAMBOROUGH YMCA - Schedule At A Glance

April 25, 2022 to July 3, 2022

Monday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM					Aquafit	
9:00 AM	Body Fit				8:30 - 9:15	
9:30 AM	9:15-10:00				Lane Swim	Open Swim
10:00 AM						
10:30 AM				Explorers	9:45 - 11:45	9:45 - 11:45
11:00 AM				10:00 - 11:00		
11:30 AM						
12:00 PM	Walk Fit				Lane Swim	Open Swim
12:30 PM	12:45				12:00 - 1:00	12:00 - 1:00
1:00 PM					Hydrotherapy	
1:30 PM					1:00 - 1:45	
2:00 PM	Open Basketball				Lane Swim	Open Swim
2:30 PM	2:00 - 3:00					
3:00 PM	Open Basketball				2:15 - 3:30	2:15 - 3:30
3:30 PM	3:00 - 4:00					
4:00 PM						
4:30 PM	Soccer Fundm (3-5 yrs)		Dance (6-12 yrs)			
	4:30-5:15		4:15-5:00			
5:00 PM					Swim Lessons	
					4:00 - 6:45	
5:30 PM	Soccer Fundm (6-9 yrs)		Dance (3-5 yrs)	Karate (6-12 yrs)		
	5:45 - 6:45	Stre & Cond JR (6-12 yrs)	5:15 - 6:00	5:00 - 5:45		
		5:00 - 6:00				
6:00 PM				Karate (6-12 yrs)		
6:30 PM				6:00 - 6:45		
7:00 PM	Zumba		Yoga		Lane Swim	Open Swim
7:30 PM	7:00 - 7:45		7:00 - 7:45			7:00 - 7:45
8:00 PM						
8:30 PM					7:00 - 9:00	
9:00 PM						

Tuesday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM					Aquafit	
9:00 AM		Cycle Fit			8:30 - 9:15	
9:30 AM		9:15 - 10:00			Lane Swim	Open Swim
10:00 AM						
10:30 AM	Muscle Fit				9:45 - 11:45	9:45 - 11:45
11:00 AM	10:30 - 11:15					
11:30 AM						
12:00 PM	Gentle Fit	12:00			Lane Swim	Open Swim
12:30 PM	-12:45				12:00 - 1:00	12:00 - 1:00
1:00 PM	Pickleball				Aquafit	
1:30 PM	1:00 - 2:00				1:00 - 1:45	
2:00 PM	Pickleball				Lane Swim	Open Swim
2:30 PM	2:00 - 3:00					
3:00 PM	Open Basketball				2:15 - 3:30	2:15 - 3:30
3:30 PM	3:00 - 4:00					
4:00 PM	Open Basketball					
4:30 PM	4:00 - 4:45					
5:00 PM	Basketball Fundamental				Swim Lessons	
5:30 PM	(3-5 yrs)				4:00 - 6:45	
6:00 PM	Basketball Advance (6-12 yrs)					
6:30 PM			Yoga			
7:00 PM	Bootcamp		7:00 - 8:00			
7:30 PM	7:00 - 7:45				Lane Swim	Open Swim
8:00 PM					7:00 - 7:45	7:00 - 7:45
8:30 PM					Master Swim	
9:00 PM					8:00 - 9:00	

Wednesday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM					Aquafit	
9:00 AM	HIIT				8:30 - 9:15	
9:30 AM	9:15 - 10:00				Lane Swim	Open Swim
10:00 AM						
10:30 AM			Yoga	Explorers	9:45 - 11:45	9:45 - 11:45
11:00 AM			10:30 - 11:30	10:00 - 11:00		
11:30 AM						
12:00 PM	Walk Fit				Lane Swim	Open Swim
12:30 PM	12:00 - 12:45				12:00 - 1:00	12:00 - 1:00
1:00 PM					Hydrotherapy	
1:30 PM					1:00 - 1:45	
2:00 PM	Open Basketball				Lane Swim	Open Swim
2:30 PM	2:00 - 3:00					
3:00 PM	Open Basketball				2:15 - 3:30	2:15 - 3:30
3:30 PM	3:00 - 4:00					
4:00 PM						
4:30 PM						
5:00 PM	Karate (6-12 yrs)				Swim Lessons	
5:30 PM	5:00 - 5:45				4:00 - 6:45	
6:00 PM	Karate (6-12 yrs)					
6:30 PM	6:00 - 6:45			Discovery Lab (6-12 and 3-5 yrs) 6:00 - 7:00		
7:00 PM	Karate (6-12 yrs)		Yoga			
7:30 PM	7:00 - 7:45	Zumba	7:00 - 8:00			
7:30 PM		7:00 - 7:45			Lane Swim	

Thursday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM					Aquafit	
9:00 AM	Yoga				8:30 - 9:15	
9:30 AM	10:15	Cycle Fit			Lane Swim	Open Swim
10:00 AM		9:15 - 10:00				
10:30 AM	Streng & Cond				9:45 - 11:45	9:45 - 11:45
11:00 AM	10:30 - 11:15					
11:30 AM						
12:00 PM	Gentle Fit				Lane Swim	Open Swim
12:30 PM	12:00 - 12:45				12:00 - 1:00	12:00 - 1:00
1:00 PM	Pickleball				Aquafit	
1:30 PM	1:00 - 2:00				1:00 - 1:45	
2:00 PM	Pickleball				Lane Swim	Open Swim
2:30 PM	2:00 - 3:00					
3:00 PM	Open Basketball				2:15 - 3:30	2:15 - 3:30
3:30 PM	3:00 - 4:00					
4:00 PM	Open Basketball					
4:30 PM	4:00 - 5:00					
5:00 PM	Floor Hockey (6-12 yrs)				Swim Lessons	
5:30 PM	5:00 - 6:00				4:00 - 6:45	
6:00 PM				Art Spark (6-12 and 3-5 yrs) 6:00 - 7:00		
6:30 PM						
7:00 PM	Streng & Cond		Cycle Fit			
7:30 PM	7:00 - 7:45		7:00 - 7:45		H2O Leaders	Open Swim

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8:00 PM					7:00 - 9:00	
8:30 PM						
9:00 PM						

8:00 PM					7:00 - 7:45	7:00 - 7:45
8:30 PM					Master Swim	
9:00 PM					8:00 - 9:00	

FLAMBOROUGH YMCA - Schedule At A Glance

April 25, 2022 to July 3, 2022

Friday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM					AquaFit	
9:00 AM	Body Fit 9:15-10:00		Yoga 9:30-10:30		8:30-9:15	
9:30 AM				Employers 10:00-11:00	Lane Swim	Open Swim
10:00 AM					9:45 - 11:45	9:45 - 11:45
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Walk Fit 12:00-12:45				Lane Swim	Open Swim
12:30 PM	Pickleball 1:00-2:00				12:00-1:00	12:00-1:00
1:00 PM	Pickleball 2:00-3:00				AquaFit 8:30-9:15	
1:30 PM					Lane Swim	Open Swim
2:00 PM						
2:30 PM						
3:00 PM	Open Basketball 3:00-4:00				2:15-3:30	2:15-3:30
3:30 PM						
4:00 PM	Open Basketball 4:00-5:00				Private Swim Lessons	
4:30 PM						
5:00 PM	Open Basketball 5:00-6:00					
5:30 PM				Youth Leadership 5:30-7:30		
6:00 PM					4:00-8:00	
6:30 PM						
7:00 PM	Open Basketball 7:00-8:00					
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim 8:15-9:00	Open Swim 8:15-9:00
9:00 PM						

Saturday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
8:00 AM					Lane Swim	
8:30 AM					8:00-8:45	
9:00 AM		Cycle Fit 9:15-10:00		Build It (3-5 yrs) 9:00-10:00		
9:30 AM						
10:00 AM					Swim Lessons 9:00-11:45	
10:30 AM	Bball Fund (6-9 yrs) 10:30-11:30			Build It (6-12 yrs) 10:15-11:15		
11:00 AM						
11:30 AM	Bball Fund (3-5 yrs) 12:00-12:45					
12:00 PM					Master Swim 12:00-1:00	Open Swim 12:00-2:15
12:30 PM	Bball Fund (6-9 yrs) 1:00-2:00				Master Swim 1:15-2:15	
1:00 PM						
1:30 PM						
2:00 PM	Open Basketball 2:00-3:00					
2:30 PM					Open Swim	Open Swim
3:00 PM						
3:30 PM					2:30-4:00	2:30-4:00
4:00 PM						

Sunday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
8:00 AM					Lane Swim	
8:30 AM					8:00-8:45	
9:00 AM	Streng & Cond 9:15-10:00					
9:30 AM						
10:00 AM					Swim Lessons 9:00-11:45	
10:30 AM						
11:00 AM	Open Basketball 11:00-12:00					
11:30 AM						
12:00 PM	Open Basketball 12:00-1:00				Lane Swim 12:00-2:00	Open Swim 12:00-2:00
12:30 PM						
1:00 PM	Open Basketball 1:00-2:00					
1:30 PM						
2:00 PM	Open Basketball 2:00-3:00				Open Swim 2:00-4:00	Open Swim 2:00-4:00
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						