

# FLAMBOROUGH YMCA - Schedule At A Glance

## July 4, 2022 to September 4, 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						
9:00 AM	Body Fit				AquaFit	Open Swim
9:30 AM	9:15-10:00			Build It (9-12 yrs) 9:00-10:00	Lane Swim	Open Swim
10:00 AM	Basketball Fundamentals (8-9 yrs) and (6-12 yrs) 10:15-11:15				9:45-11:45	9:45-11:45
10:30 AM						
11:00 AM						
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	Open Swim
1:30 PM					1:00-1:45	1:00-1:45
2:00 PM					Open Swim	Open Swim
2:30 PM						
3:00 PM					2:15-3:30	2:15-3:30
3:30 PM						
4:00 PM	Open Basketball					
4:30 PM	2:00-6:00					
5:00 PM						
5:30 PM		Strength & Cond (8-12 yrs) 5:00-5:45			Karate (6-12 yrs) 5:00-5:45	
6:00 PM					Swim Lessons	
6:30 PM					4:00-6:45	
7:00 PM	Zumba				Karate (6-12 yrs) 6:00-6:45	
7:30 PM	7:00-7:45		Yoga			
8:00 PM					Lane Swim	Open Swim
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	Open Swim
9:00 AM		Cycle Fit			8:30-9:15	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					9:45-11:45
11:30 AM						11:00-12:00
12:00 PM	Gentle Fit				Lane Swim	Open Swim
12:30 PM	12:45				12:00-1:00	12:00-1:00
1:00 PM					Pickleball	Open Swim
1:30 PM					1:00-2:00	1:00-1:45
2:00 PM					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						
4:00 PM						
4:30 PM						
5:00 PM	Basketball Fundamentals (8-9 yrs) 4:45-5:30				Discovery Lab (6-12 yrs) 4:45-5:45	
5:30 PM					Swim Lessons	
6:00 PM					4:00-6:45	
6:30 PM	Basketball Advanced (12 yrs) 6:00-7:00					
7:00 PM			Yoga		Discovery Lab (5 yrs) 6:00-7:00	
7:30 PM					Lane Swim and Adult Lessons 7:00-7:45	Open Swim
8:00 PM					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						
9:00 AM	HIIT				AquaFit	Open Swim
9:30 AM	9:15-10:00			Art Spark (9-12 yrs) 9:00-10:00	8:30-9:15	8:30-9:15
10:00 AM	Soccer Fundamentals (8-9 yrs) and (6-12 yrs) 10:15-11:15				Lane Swim	Open Swim
10:30 AM			Yoga		9:45-11:45	9:45-11:45
11:00 AM			10:30-11:30			9:45-11:45
11:30 AM						11:00-12:00
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	Open Swim
1:30 PM					1:00-1:45	1:00-1:45
2:00 PM					Open Swim	Open Swim
2:30 PM						
3:00 PM	Open Basketball				2:15-3:30	2:15-3:30
3:30 PM	2:00-4:30					
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					
7:00 PM	Karate (6-12 yrs)					
7:30 PM	7:00-7:45	Zumba		Yoga		
8:00 PM		7:00-7:45		7:00-8:00		
8:30 PM					Lane Swim	Open Swim
9:00 PM					7:00-9:00	

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	Open Swim
9:00 AM		Cycle Fit			8:30-9:15	8:30-9:15
9:30 AM		9:15-10:00		Yoga	Lane Swim	Open Swim
10:00 AM						
10:30 AM					9:45-11:45	9:45-11:45
11:00 AM					10:30-11:15	9:45-11:45
11:30 AM						11:00-12:00
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	Open Swim
1:30 PM					1:00-2:00	1:00-1:45
2:00 PM					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	Soccer Fundamentals (8-9 yrs) 4:45-5:30				Art Spark (8-9 yrs) 4:45-5:45	
5:30 PM					Swim Lessons	
6:00 PM					4:00-6:45	
6:30 PM	Soccer Fundamentals (12 yrs) 6:00-7:00				Art Spark (8-9 yrs) 6:00-7:00	
7:00 PM						
7:30 PM					Cycle Fit	
8:00 PM					7:00-7:45	
8:30 PM					H2O Leaders	Open Swim
9:00 PM					7:00-7:45	7:00-7:45
					Master Swim	
					8:00-9:00	

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	Open Swim
9:00 AM	Body Fit				8:30-9:15	8:30-9:15
9:30 AM	9:15-10:00			Discovery Lab (8-9 yrs) and (6-12 yrs) 9:00-10:00	Lane Swim	Open Swim
10:00 AM	Basketball Fundamentals (8-9 yrs) and (6-12 yrs) 10:15-11:15				9:45-11:45	9:45-11:45
10:30 AM						
11:00 AM						
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					AquaFit	Open Swim
1:30 PM					1:00-1:45	1:00-1:45
2:00 PM	Pickleball				Lane Swim	Open Swim
2:30 PM	2:00-3:00					
3:00 PM					2:15-3:30	2:15-3:30
3:30 PM						
4:00 PM						
4:30 PM					Private Swim Lessons	
5:00 PM	Open Basketball					
5:30 PM	3:00-8:00					
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim	Open Swim
9:00 PM					8:15-9:00	8:15-9:00

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

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						
9:30 AM	Streng & Cond					
10:00 AM	9:15-10:00					
10:30 AM					Swim Lessons	
11:00 AM					9:00-11:45	
11:30 AM						
12:00 PM						
12:30 PM	Open Basketball				Lane Swim	Open Swim
1:00 PM	11:00-3:00				12:00-2:00	12:00-2:00
1:30 PM						
2:00 PM						
2:30 PM					Open Swim	Open Swim
3:00 PM					2:30-4:00	2:30-4:00
3:30 PM						
4:00 PM						