

FLAMBOROUGH YMCA - Schedule At A Glance

July 4, 2022 to September 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	Open Swim
9:00 AM	Body Fit			Build It (3-5 yrs) and (6-12 yrs) 9:00-10:00	8:30 - 9:15	8:30 - 9:15
9:30 AM	9:15-10:00				Lane Swim	Open Swim
10:00 AM	Basketball Fundamental (3-5 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	Walk Fit 12:00				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	Open Basketball 2:00 - 6:00					
4:00 PM						
4:30 PM						
5:00 PM		Strenght & Cond JR (6-12 yrs) 5:00 -5:45		Karate (6- 12 yrs) 5:00 -5:45	Swim Lessons	
5:30 PM					4:00 - 6:45	
6:00 PM				Karate (6- 12 yrs) 6:00 -6:45		
6:30 PM						
7:00 PM	Zumba		Yoga		Lane Swim	Open Swim
7:30 PM	7:00 -7:45		7:00 -7:45			
8:00 PM					7:00 -9:00	
8:30 PM						
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					8:30 -9:15	8:30 - 9:15
9:30 AM					Lane Swim	Open Swim
10:00 AM						9:45 - 11:45 (Splashers 11:00 -12:00)
10:30 AM						
11:00 AM	Muscle Fit				9:45 - 11:45	
11:30 AM	10:30 -11:15					
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	Open Swim
1:30 PM	1:00 -2:00				1:00 -1:45	1:00 -1:45
2:00 PM	Pickleball				Open 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	Basketball Fundamental (3-5 yrs) 4:45 -5:30			Discovery Lab (6-12 yrs) 4:45 -5:45	Swim Lessons	
5:00 PM					4:00 - 6:45	
5:30 PM						
6:00 PM	Basketball Advanced (6-12 yrs) 6:00 -7:00			Discovery Lab (3-5 yrs) 6:00 -7:00		
6:30 PM						
7:00 PM			Yoga			
7:30 PM			7:00 -8:00		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					Aquafit	Open Swim
9:00 AM	HIIT			Art Spark (3-5 yrs) and (6-12 yrs) 9:00 -10:00	8:30 - 9:15	8:30 - 9:15
9:30 AM	9:15 - 10:00				Lane Swim	Open Swim
10:00 AM	Soccer Fundamental (3-5 yrs) and (6-12 yrs) 10:15 - 11:15					
10:30 AM			Yoga		9:45 - 11:45	9:45 - 11:45
11:00 AM			10:30 -11:30			
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	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 2:00 - 4:30				2:15 - 3:30	2:15 - 3:30
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Karate (6-12 yrs) 5:00 -5:45				Swim Lessons	
5:30 PM					4:00 - 6:45	
6:00 PM	Karate (6-12 yrs) 6:00 -6:45					
7:00 PM	Karate (6-12 yrs) 7:00 -7:45	Zumba	Yoga		Lane Swim	
7:30 PM		7:00 -7:45	7:00 -8:00			
8:00 PM					7:00 -9:00	
8:30 PM						
9:00 PM						

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					8:30 -9:15	8:30 - 9:15
9:30 AM					Lane Swim	Open Swim
10:00 AM						
10:30 AM	Streng & Cond				9:45 - 11:45	9:45 - 11:45 (Splashers 11:00 -12:00)
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	Open Swim
1:30 PM	1:00 -2:00				1:00 -1:45	1:00 -1:45
2:00 PM	Pickleball				Open 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 Fundamentals (3-5 yrs) 4:45 -5:30			Art Spark (6-12 yrs) 4:45 -5:45	Swim Lessons	
5:00 PM					4:00 - 6:45	
5:30 PM						
6:00 PM	Soccer Fundamentals (6-12 yrs) 6:00 -7:00			Art Spark (3-5 yrs) 6:00 -7:00		
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM					H2O Leaders	Open Swim
8:30 PM					7:00 - 7:45	7:00 -7:45
9:00 PM					Master Swim	

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