

FLAMBOROUGH YMCA - Schedule At A Glance

September 5, 2022 to December 23, 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 8:30 - 9:15	
9:00 AM	Body Fit 9:15-10:00				Lane Swim	Open Swim
9:30 AM						
10:00 AM			Yoga for Strength 10:30 - 11:30		9:45 - 11:45	9:45 - 11:45
10:30 AM						
11:00 AM						
11:30 AM					Lane Swim 12:00 - 12:45	Open Swim 12:00 - 12:45
12:00 PM	Walk Fit 12:45				Hydrotherapy 1:00 - 1:45	
12:30 PM						
1:00 PM					Open Swim	Open Swim
1:30 PM						
2:00 PM	Open Basketball 2:00 - 4:00				2:15 - 3:30	2:15 - 3:30
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM			Dance (6-12 yrs) 4:15 - 5:00			
4:30 PM	Soccer Fundamental (3-5 yrs) 4:30 - 5:15			Karate (6-12 yrs) 5:00 - 5:45	Swim Lessons 4:00 - 6:45	
5:00 PM			Dance (3-5 yrs) 5:15 - 6:00			
5:30 PM	Basketball Fundamental (6-12 yrs) 5:30 - 6:30			Karate (6-12 yrs) 6:00 - 6:45		
6:00 PM						
6:30 PM						
7:00 PM	Zumba 7:00 - 8:00		Yoga 7:00 - 8:00			
7:30 PM					Lane Swim 7:00 - 8:45	Open Swim 7:00 - 8:00
8:00 PM						
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 8:30 - 9:15	
9:00 AM	Muscle Fit 9:15 - 10:00	Cycle Fit 9:15 - 10:00			Lane Swim	Open Swim
9:30 AM						
10:00 AM					9:45 - 11:45	9:45 - 11:45 (Splashes 11:00 - 12:00)
10:30 AM						
11:00 AM						
11:30 AM					Lane Swim 12:00 - 12:45	Open Swim 12:00 - 12:45
12:00 PM	Gentle Fit 12:45				AquaFit 1:00 - 1:45	
12:30 PM						
1:00 PM	Pickleball 1:00 - 3:00				Lane Swim	Open Swim
1:30 PM						
2:00 PM					2:15 - 3:30	2:15 - 3:30
2:30 PM						
3:00 PM	Open Basketball 3:00 - 4:00					
3:30 PM						
4:00 PM						
4:30 PM	Soccer Advanced (6-12 yrs) 4:45 - 5:45			Discovery Lab (6-12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 6:45	
5:00 PM						
5:30 PM	Basketball Advanced (6-12 yrs) 6:00 - 7:00			Discovery Lab (3-5 yrs) 6:00 - 7:00		
6:00 PM						
6:30 PM						
7:00 PM		TRX 7:00 - 7:45	Yoga 7:00 - 8:00		Lane Swim and Adult Lessons 7:00 - 7:45	Open Swim 7:00 - 7:45
7:30 PM						
8:00 PM						
8:30 PM					Master Swim 8:00 - 9:00	
9:00 PM						

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 8:30 - 9:15	Open Swim 8:30 - 9:15
9:00 AM	HIIT 9:15 - 10:00				Lane Swim	Open Swim
9:30 AM						
10:00 AM			Yoga 10:30 - 11:30		9:45 - 11:45	9:45 - 11:45
10:30 AM						
11:00 AM						
11:30 AM					Lane Swim 12:00 - 12:45	Open Swim 12:00 - 12:45
12:00 PM	Walk Fit 12:00 - 12:45				Hydrotherapy 1:00 - 1:45	
12:30 PM						
1:00 PM					Open Swim	Open Swim
1:30 PM						
2:00 PM	Open Basketball 2:00 - 4:30				2:15 - 3:30	2:15 - 3:30
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Karate (6-12 yrs) 5:00 - 5:45			Build It (3-5 yrs and 6-12 yrs) 5:00 - 6:00	Swim Lessons 4:00 - 6:45	
5:30 PM						
6:00 PM	Karate (6-12 yrs) 6:00 - 6:45			Discovery Lab (3-5 yrs and 6-12 yrs) 6:15 - 7:15		
6:30 PM						
7:00 PM	Karate (6-12 yrs) 7:00 - 7:45	Zumba 7:00 - 8:00	Yoga 7:00 - 8:00		Lane Swim	Open Swim 7:00 - 8:00
7:30 PM						
8:00 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 8:30 - 9:15	
9:00 AM	Streng & Cond 9:15 - 10:00	Cycle Fit 10:00	Yoga 9:15 - 10:15		Lane Swim	Open Swim
9:30 AM						
10:00 AM					9:45 - 11:45	9:45 - 11:45 (Splashes 11:00 - 12:00)
10:30 AM						
11:00 AM						
11:30 AM					Lane Swim 12:00 - 12:45	Open Swim 12:00 - 12:45
12:00 PM	Gentle Fit 12:00 - 12:45				AquaFit 1:00 - 1:45	
12:30 PM						
1:00 PM	Pickleball 1:00 - 3:00				Lane Swim	Open Swim
1:30 PM						
2:00 PM					2:15 - 3:30	2:15 - 3:30
2:30 PM						
3:00 PM	Open Basketball 3:00 - 4:30					
3:30 PM						
4:00 PM						
4:30 PM	Floor Hockey (6-12 yrs) 4:45 - 5:45			Drama Kids (3-5 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 6:45	
5:00 PM						
5:30 PM						
6:00 PM	Soccer Fundamentals (6-9 yrs) 6:00 - 7:00	Cycle Fit 6:00 - 6:45		Drama Kids (6-9 yrs) 6:00 - 7:00		
6:30 PM						
7:00 PM	Strength and Conditioning 7:00 - 7:45				H2O Leaders 7:00 - 7:45	Open Swim 7:00 - 7:45
7:30 PM						
8:00 PM						

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

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

FLAMBOROUGH YMCA - Schedule At A Glance
September 5, 2022 to December 23 , 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 8:30 - 9:15	
9:00 AM	Body Fit 9:15-10:00		Yoga 9:30 -10:30		Lane Swim	Open Swim
9:30 AM						
10:00 AM						
10:30 AM					9:45 - 11:45	9:45 - 11:45
11:00 AM						
11:30 AM						
12:00 PM	Walk Fit 12:00 -12:45				Lane Swim 12:00 -12:45	Open Swim 12:00 -12:45
12:30 PM	Pickleball 1:00 -3:00				AquaFit 1:00 -1:45	
1:00 PM					Lane Swim	Open Swim
1:30 PM						
2:00 PM					2:15 -3:45	2:15 -3:45
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM					Private Swim Lessons	
4:30 PM						
5:00 PM	Open Basketball 3:00 -8:00					
5:30 PM						
6:00 PM				Youht Leadership (10-18 yrs) 6:00 -7:30	4:00 -8:00	
6:30 PM						
7:00 PM						
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 8:00 -8:45	
8:30 AM						
9:00 AM		Cycle Fit 9:15-10:00		Art Spark (3-5 yrs) 9:00 -10:00		
9:30 AM						
10:00 AM			Yin Yoga 10:15 -11:15	Art Spark (6-12 yrs) 10:15 -11:15	Swim Lessons 9:00 - 11:45	
10:30 AM	Basketball Fundamentals (3-5yrs) 10:30 - 11:15					
11:00 AM						
11:30 AM						
12:00 PM	Basketball Fundamental (6-9 yrs) 11:30 -12:30				Master Swim 12:00 -2:00	Open Swim 12:00 - 2:00
12:30 PM	Basketball Fundamental (10-12 yrs) 12:45-1:45					
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 8:00 -8:45	
8:30 AM						
9:00 AM	Streng & Cond 9:15-10:00					
9:30 AM						
10:00 AM		TRX 10:15-11:00			Swim Lessons 9:00 - 11:45	
10:30 AM						
11:00 AM			Yoga 11:00 -12:00			
11:30 AM						
12:00 PM					Lane Swim 12:00 -2:00	Open Swim 12:00 -2:00
12:30 PM	Open Basketball 11:00 -3:00					
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM					Open Swim 2:30-4:00	Open Swim 2:30-4:00
3:00 PM						
3:30 PM						
4:00 PM						