

FLAMBOROUGH YMCA - Schedule At A Glance

November 7, 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	
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			Yoga for Strength		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	
12:30 PM	12:45				12:00 - 12:45	
1:00 PM					Hydrotherapy	
1:30 PM					1:00 - 1:45	
2:00 PM					Lane Swim	
2:30 PM	Open Basketball					
3:00 PM	2:00 - 4:00				2:15 - 3:30	
3:30 PM						
4:00 PM				Dance (3-5 yrs)		
4:30 PM	Soccer FND (3-5 yrs) 4:30-5:15			4:15 - 5:00		
5:00 PM				Dance (6-12 yrs)		
5:30 PM	Basketball FND (6-12 yrs) 5:30-6:30			5:15-6:00	Karate FND (6-12 yrs) 5:00-5:45	Swim Lessons 4:00 - 6:45
6:00 PM					Karate ADV(6+) 6:00 - 6:45	
6:30 PM						
7:00 PM	Zumba		Yoga			
7:30 PM	7:00 - 8:00		7:00 - 8:00		Lane Swim	Open Swim
8:00 PM						7:00 - 8:00
8:30 PM					7:00 - 8:45	
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 - 10:45 (Splashes)
11:00 AM	10:30 - 11:15					11:00 - 12:00
11:30 AM						
12:00 PM	Gentle Fit				Lane Swim	
12:30 PM	12:45				12:00 - 12:45	
1:00 PM	Pickleball				AquaFit	
1:30 PM					1:00 - 1:45	
2:00 PM	1:00 - 3:00				Lane Swim	
2:30 PM						
3:00 PM	Open Basketball				2:15 - 3:30	
3:30 PM	3:00 - 4:00					
4:00 PM						
4:30 PM				Discovery Lab (6-12 yrs)		
5:00 PM	Basketball FND (3-5 yrs)			4:45-5:45	Swim Lessons 4:00 - 6:45	
5:30 PM	5:00-5:45					
6:00 PM	Basketball FND (6-12 yrs)			Discovery Lab (3-5 yrs)		
6:30 PM	6:00 - 7:00			6:00 - 6:45		
7:00 PM		TRX	Yoga			
7:30 PM		7:00 - 7:45	7:00 - 8:00		Lane Swim and Adult Lessons 7:00 - 7:45	Open Swim 7:00 - 7:45
8:00 PM						
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		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 - 12:45	12:00 - 12:45
1:00 PM					Hydrotherapy	
1:30 PM					1:00 - 1:45	
2:00 PM					Lane Swim	
2:30 PM	Open Basketball					
3:00 PM	2:00 - 4:30				2:15 - 3:30	
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Karate FND (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 FND (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 ADV (6+) 7:00 - 7:45	Zumba	Yoga		Lane Swim	Open Swim
7:30 PM		7:00 - 8:00	7:00 - 8:00			7:00 - 8:00
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	
9:00 AM	Streng & Cond	Cycle Fit			8:30 - 9:15	
9:30 AM	9:15 - 10:00	10:00	Yoga		Lane Swim	Open Swim
10:00 AM			9:15 - 10:15			
10:30 AM					9:45 - 10:45 (Splashes)	
11:00 AM					9:45 - 11:45	
11:30 AM						
12:00 PM	Gentle Fit				Lane Swim	
12:30 PM	12:00 - 12:45				12:00 - 12:45	
1:00 PM	Pickleball				AquaFit	
1:30 PM					1:00 - 1:45	
2:00 PM	1:00 - 3:00				Lane Swim	
2:30 PM						
3:00 PM	Open Basketball				2:15 - 3:30	
3:30 PM	3:00 - 4:30					
4:00 PM						
4:30 PM	Floor Hockey (6-12yrs) 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				Cycle Fit		
6:30 PM				6:00 - 6:45	Drama Kids (6-9 yrs) 6:00 - 7:00	
7:00 PM	Streng and Conditioning					
7:30 PM	7:00 - 7:45				Lane Swim and Adult Lessons 7:00 - 7:45	Open Swim 7:00 - 7:45
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	

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November 7, 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	
9:00 AM	Body Fit				8:30 - 9:15	
9:30 AM	9:15-10:00		Yoga		Lane Swim	Open Swim
10:00 AM			9:30 - 10:30			
10:30 AM					9:45 - 11:45	9:45 - 11:45
11:00 AM						
11:30 AM						
12:00 PM	Walk Fit				Lane Swim	Open Swim
12:30 PM	12:00 - 12:45				12:00 - 12:45	12:00 - 12:45
1:00 PM	Pickleball				AquaFit	
1:30 PM					1:00 - 1:45	
2:00 PM	1:00 - 3:00				Lane Swim	Open Swim
2:30 PM						
3:00 PM					2:15 - 3:45	2:15 - 3:45
3:30 PM						
4:00 PM	Open Basketball				Private Swim	
4:30 PM	3:00 - 7:00				Lessons	
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 - 8:45	8:15 - 8:45

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				
9:30 AM		9:15-10:00				
10:00 AM			Yin Yoga	Art Spark (6-12 yrs)	Swim Lessons	
10:30 AM			10:15 - 11:15	10:15 - 11:15	9:00 - 11:45	
11:00 AM	Basketball FND (3-5yrs)			Art Spark (3-5 yrs)		
11:30 AM	10:30 - 11:15			11:30 - 12:15		
12:00 PM	Basketball FND (6-9 yrs)				Master Swim	Open Swim
12:30 PM	11:30 - 12:30				12:00 - 2:00	12:00 - 2:00
1:00 PM	Basketball FND (10-12 yrs)					
1:30 PM	12:45-1:45					
2:00 PM	Open Basketball					
2:30 PM	2:00 - 3:00				Open Swim	Open Swim
3:00 PM						
3:30 PM					2:30 - 3:45	2:30 - 3:45
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					
9:30 AM	9:15-10:00					
10:00 AM		TRX			Swim Lessons	
10:30 AM		10:15-11:00			9:00 - 11:45	
11:00 AM						
11:30 AM						
12:00 PM	Open Basketball				Lane Swim	Open Swim
12:30 PM	11:00 - 3:00				12:00 - 2:00	12:00 - 2:00
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM					Open Swim	Open Swim
3:00 PM					2:30-3:45	2:30-3:45
3:30 PM						
4:00 PM						