

FLAMBOROUGH YMCA - Schedule At A Glance

January 9th to April 1, 2023

Monday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM						
6:30 AM					Lane Swim 6:00 - 8:00	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aquafit 8:30 - 9:15	
9:00 AM	Body Fit 9:15-10:00					
9:30 AM						Open Swim 9:45 - 10:45
10:00 AM						
10:30 AM			Yoga for Strength 10:30 -11:30		Lane Swim 9:45 - 11:45	Splashers 11:00 - 12:00
11:00 AM						
11:30 AM						
12:00 PM	Walk Fit 12:00 -12:45				Lane Swim 12:00 -12:45	
12:30 PM					Hydrotherapy 1:00 -1:45	
1:00 PM						
1:30 PM					Lane Swim 2:00 - 2:45	
2:00 PM	Open Basketball 2:00 - 4:00				Community Rental 2:45 - 3:45	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM			Dance (3-5 yrs) 4:15 -5:00			
4:30 PM	Soccer FND (3-5 yrs) 4:30 5:15					
5:00 PM			Dance (6-12 yrs) 5:15-6:00	Karate FND (6-12 yrs) 5:00 5:45	Swim Lessons 4:00 - 7:30	Swim Lessons 4:00 - 7:30
5:30 PM	Soccer FND (6-12 yrs) 5:30 -6:30					
6:00 PM				Karate ADV (6-12) 6:00 -6:45		
6:30 PM						
7:00 PM	Zumba 7:15 - 8:15		Yoga 7:00 -8:00		Lane Swim 7:45 -8:45	Open Swim 7:45 -8:45
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

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

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

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

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Friday						
	Gym	Studio A	Studio B	Multi Purpose	Lap Pool	Leisure Pool
6:00 AM						
6:30 AM					Lane Swim	
7:00 AM					6:00 - 8:00	
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Body Fit				AquaFit	
9:30 AM	9:15-10:00		Yoga		8:30 - 9:15	
10:00 AM			9:30 -10:30			
10:30 AM					Lane Swim	
11:00 AM					9:45 - 11:45	
11:30 AM						
12:00 PM	Walk Fit				Lane Swim	
12:30 PM	12:00 -12:45				12:00 -12:45	
1:00 PM					AquaFit	
1:30 PM	Pickleball				1:00 -1:45	
2:00 PM	1:00 - 3:00					
2:30 PM					Lane Swim	
3:00 PM	Open Basketball				2:15 - 3:45	
3:30 PM	3:00 -4:30					
4:00 PM						
4:30 PM						
5:00 PM					Private Swim	Private Swim
5:30 PM					Lessons	Lessons
6:00 PM					4:00 - 8:00	4:00 - 8:00
6:30 PM	Open Basketball					
7:00 PM	6:00 - 8:00					
7:30 PM						
8:00 PM					Lane Swim	
8:30 PM					8:00 - 8:45	
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				
9:30 AM		9:15-10:00				
10:00 AM			Yin Yoga	Art Spark (6-12 yrs)	Swim Lessons	Swim Lessons
10:30 AM	Basketball FND (3-5yrs)		10:15 - 11:15	10:15 - 11:15	9:00 - 1:00	9:00 - 1:00
11:00 AM	10:30 - 11:15					
11:30 AM	Basketball FND (6-9 yrs)			Art Spark (3-5 yrs)		
12:00 PM	11:30 -12:30			11:30 -12:15		
12:30 PM	Basketball FND					
1:00 PM	(10-12 yrs)				Master Swim	Open Swim
1:30 PM	12:45-1:45				1:15 - 2:15	1:15 - 2:15
2:00 PM	Open Basketball					
2:30 PM	2:00 -3:00				Open Swim	Open Swim
3:00 PM					2:30 -3:45	2:30 -3:45
3:30 PM						
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				
10:30 AM		10:15-11:00			Swim Lessons	Swim Lessons
11:00 AM					9:00 - 1:00	9:00 - 1:00
11:30 AM						
12:00 PM						
12:30 PM	Open Basketball					
1:00 PM	11:00 -3:00				Lane Swim	Open Swim
1:30 PM					1:15 - 2:15	1:15 - 2:15
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						