



Flamborough Family YMCA - Schedule at a Glance

May 8th to May 31st, 2023

MONDAY						
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM						
6:30 AM					Lane Swim 6:00 - 8:00 am	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM	BodyFit 9:15 - 10:00 am					
9:30 AM						
10:00 AM					Lane Swim 9:45 - 11:45 am	Open Swim 9:45 - 10:45 am
10:30 AM			Yoga for Strength 10:30 - 11:30 am			
11:00 AM						Splashers 11:00 - 12:00 pm
11:30 AM						
12:00 PM	Walk Fit 12:00 - 12:45 pm				Lane Swim 12:00 - 12:45 pm	
12:30 PM						
1:00 PM					Hydrotherapy 1:00 - 1:45 pm	
1:30 PM						
2:00 PM					Lane Swim 2:00 - 2:45 pm	
2:30 PM	Open Basketball 2:00 - 4:00 pm					
3:00 PM					Community Rental 2:45 - 3:45 pm	
3:30 PM						
4:00 PM						
4:30 PM	Soccer Fundamentals (3 to 5 yrs) 4:45 pm - 5:30 pm					
5:00 PM				Karate Fundamentals (6 to 12 yrs) 5:00 - 5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM	Soccer Fundamentals (6 to 12 yrs) 5:45 pm - 6:45 pm			Karate Fundamentals (6 to 12 yrs) 6:00 - 6:45 pm		
6:00 PM						
6:30 PM						
7:00 PM			Yoga 7:00 - 8:00 pm		Adult Swim Lessons 7:30 - 8:00 pm	
7:30 PM	Zumba 7:15 pm - 8:15 pm					
8:00 PM					Lane Swim 7:45 - 8:45 pm	Open Swim 7:45 - 8:45 pm
8:30 PM						
9:00 PM						

TUESDAY						
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM					Lane Swim 6:00 - 8:00 am	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM		Cycle Fit 9:15 - 10:15 am				
9:30 AM						
10:00 AM					Lane Swim 9:45 - 11:45 am	
10:30 AM	Muscle Fit 10:30 - 11:15 am					
11:00 AM						
11:30 AM						
12:00 PM	Gentle Fit 12:00 - 12:45 pm				Lane Swim 12:00 - 12:45 pm	
12:30 PM						
1:00 PM					Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 1:00 - 3:00 pm					
2:00 PM					Lane Swim 2:15 - 3:30 pm	
2:30 PM	Open Basketball 3:00 - 4:00 pm					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Sport Adventures (3 to 5 yrs) 5:15 - 6:00 pm			Art Spark (6 to 12 yrs) 5:00 - 6:00 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM				Art Spark (3 to 5 yrs) 6:15 - 7:00 pm		
6:00 PM	Sport Adventures (6 to 12 yrs) 6:15 - 7:15 pm					
6:30 PM						
7:00 PM		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			
7:30 PM						
8:00 PM					Master Swim 7:45 - 8:45 pm	
8:30 PM						
9:00 PM						

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop in Recreational Programs



WEDNESDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM						
6:30 AM					Lane Swim 6:00 - 8:00 am	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM	HIIT 9:15 - 10:00 am					
9:30 AM						
10:00 AM					Lane Swim 9:45 - 11:45 am	
10:30 AM			Yoga 10:30 - 11:30 am			
11:00 AM						
11:30 AM						
12:00 PM	WalkFit 12:00 - 12:45 pm				Lane Swim 12:00 - 12:45 pm	
12:30 PM						
1:00 PM					Hydrotherapy 1:00 - 1:45 pm	
1:30 PM						
2:00 PM					Lane Swim 2:00 - 2:45 pm	
2:30 PM						
3:00 PM	Open Basketball 2:00 - 4:30 pm					
3:30 PM					Community Rental 2:45 - 3:45 pm	
4:00 PM						
4:30 PM						
5:00 PM	Karate Fundamentals (6 to 12 yrs) 5:00 - 5:45 pm			Architeers (3 to 5 yrs) 5:00 - 5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM						
6:00 PM	Karate Fundamentals (6 to 12 yrs) 6:00 - 6:45 pm					
6:30 PM						
7:00 PM	Karate Advanced (6 to 12 yrs) 7:00 - 7:45 pm		Yoga 7:00 - 8:00 pm			
7:30 PM		Zumba 7:15 pm - 8:15 pm				
8:00 PM					Lane Swim 7:45 - 8:45 pm	
8:30 PM						
9:00 PM						

THURSDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM						
6:30 AM					Lane Swim 6:00 - 8:00 am	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM						
9:30 AM		Cycle Fit 9:15 - 10:15 am	Yoga 9:15 - 10:15 am			
10:00 AM					Lane Swim 9:45 - 11:45 am	
10:30 AM	Strength & Conditioning 10:30 - 11:15 am					
11:00 AM						Splashes 11:00 - 12:00 pm
11:30 AM						
12:00 PM	Gentle Fit 12:00 - 12:45 pm				Lane Swim 12:00 - 12:45 pm	
12:30 PM						
1:00 PM					Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 1:00 - 3:00 pm					
2:00 PM					Lane Swim 2:15 - 3:30 pm	
2:30 PM						
3:00 PM						
3:30 PM	Open Basketball 3:00 - 4:30 pm					
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Volleyball Fundamentals 5:30 - 6:30 pm			Art Spark (3 to 5 yrs) 5:45 - 6:30 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM		Cycle Fit 6:00 - 6:45 pm				
6:30 PM						
7:00 PM	Strength & Conditioning 7:15 - 8:00 pm					
7:30 PM						
8:00 PM					Master Swim 7:45 - 8:45 pm	
8:30 PM						
9:00 PM						

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop in Recreational Programs



FRIDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim 6:00 - 8:00 am	
7:30 AM						
8:00 AM						
8:30 AM					Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15 am - 10:00 am					
9:30 AM			Yoga 9:30 - 10:30 am			
10:00 AM				Parent and Tot Play 18-36 MTS 10:15 - 11:30 am		
10:30 AM					Lane Swim 9:45 - 11:45 am	
11:00 AM						
11:30 AM						
12:00 PM	Walk Fit 12:00 pm - 12:45 pm				Lane Swim 12:00 - 12:45 pm	
12:30 PM						
1:00 PM					Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 1:00 - 3:00 pm					
2:00 PM						
2:30 PM					Lane Swim 2:15 - 3:30 pm	
3:00 PM						
3:30 PM						
4:00 PM	Open Basketball 3:00 - 6:00 pm					
4:30 PM					Adult & Teen 16+ Swim Lesson 4:00 - 6:00 pm	
5:00 PM						Private Swim Lessons 4:00 - 8:00 pm
5:30 PM						
6:00 PM	Youth Leadership Development (10 to 18 yrs) 6:00 - 8:00 pm			Youth Leadership Development (10 to 18 yrs) 6:00 - 8:00 pm		
6:30 PM					H2O Leaders 6:00 - 8:00 pm	
7:00 PM						
7:30 PM						
8:00 PM					Lane Swim 8:00 - 8:45 pm	
8:30 PM						
9:00 PM						

SATURDAY

	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00 - 8:45 am	
8:30 AM						
9:00 AM		CycleFit 9:15 - 10:00 am				
9:30 AM						
10:00 AM						
10:30 AM	Basketball Fundamentals (3 to 5yrs) 10:30 - 11:15 am		Yin Yoga 10:15 - 11:15 am	Architeers (6 to 12yrs) 10:15 - 11:15 am		Swim Lessons 9:00 - 1:00 pm
11:00 AM					Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
11:30 AM	Basketball Fundamentals (6 to 9yrs) 11:30 - 12:30 pm			Explorers (3 to 5 yrs) 11:30 - 12:15pm		
12:00 PM						
12:30 PM	Basketball Fundamentals (10 to 12yrs) 12:45 - 1:45 pm					
1:00 PM						
1:30 PM					Master Swim 1:15 - 2:15 pm	Open Swim 1:15 - 2:15 pm
2:00 PM	Open Basketball 2:00 3:00 pm					
2:30 PM						
3:00 PM					Open Swim 2:30 - 3:45 pm	Open Swim 2:30 - 3:45 pm
3:30 PM						
4:00 PM						

Registered Programs
 Drop In Group Fitness

Open Gym/Open Swim
 Registered Aquatic Leadership Programs

Drop in Recreational Programs



SUNDAY						
	GYM	STUDIO A	STUDIO B	MULTIPURPOSE	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00 - 8:45 am	
8:30 AM						
9:00 AM	Strength & Conditioning 9:15am - 10:00 am				Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
9:30 AM						
10:00 AM		TRX 10:15 - 11:00 am				
10:30 AM						
11:00 AM	Open Basketball 11:00 - 3:00 pm					
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM					Open Swim 1:15 - 2:15 pm	Open Swim 1:15 - 2:15 pm
3:30 PM					Open Swim 2:30 - 3:45 pm	Open Swim 2:30 - 3:45 pm
4:00 PM						

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop in Recreational Programs

FACILITY HOURS

Mon-Fri: 6:00 am - 9:00 pm

Sat & Sun: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons
Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA

Children ages 0 – 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

Children ages 7 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant’s safety.