

# Flamborough Family YMCA - Schedule at a Glance: January 5 - March 29, 2026



SUNDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am		New Time! Cycle Fit 9:00- 10:00 am				Lane Swim 8:00 - 8:45 am	
8:30 AM	Strength & Conditioning 9:15 - 10:00 am							
9:00 AM							Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
9:30 AM								
10:00 AM			TRX 10:15 - 11:00 am					
10:30 AM							Open/Lane Swim 12:45p - 2:15 pm	Open Swim 12:45p - 3:45 pm
11:00 AM	Family Pickleball 10:30 - 12:00 pm							
11:30 AM								
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 12:15 - 3:45pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	GYM Closes at 3:45 pm						POOL Closes at 3:45 pm	

## SWIM ADMISSION CRITERIA

- Participants under must be given a wristband prior to entering the pool.
- Red:** Ages 0-5 must be accompanied by a parent/guardian (min. 16 years of age) in the water, within arm's reach at all time. Ages 6-9 who cannot pass the swim test must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
  - Yellow:** Ages 6-9, shallow water or deep end with a life jacket. Must be supervised by parent/guardian (min. 16 years of age) in the pool area [visual contact].
  - Green:** Ages 10-15, anywhere in the pool after passing the swim test.
- At any time, lifeguards may ask for demonstration of participant's swimming ability if they feel there is questions of the participant's safety.

## WINTER SESSION - Swim and Child and Youth Land Programs

Session	Start to End	Registration Opens
Winter 11 Week	January 5 to March 29 *Programs will not run during the week of March Break	December 15, 2025 (for Child and Youth More members) December 22, 2025 (for Child and Youth Core members) December 29, 2025 for Child and Youth Land programs for non-members
Spring 11 Week	April 6 to June 21	March 23, 2026 (for Child and Youth More members) March 30, 2026 (for Child and Youth Core members) for Child and Youth Land programs for non-members

**Child Minding Time Slots:**  
Monday - Friday 9:00 - 10:15 am  
10:15 - 11:30 am

## Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

- Registered Programs
- Drop In Group Fitness
- Registered Child and Youth Programs
- Open Swims (Lap or Leisure)
- Drop in Recreational Programs

MONDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM							Lane Swim 6:00 - 8:15 am	
6:30 AM			Cycle Fit 6:30-7:15 am					
7:00 AM	Pickleball 7:15 - 8:30 am							
7:30 AM								
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM	Body Fit 9:15 - 10:00 am							Open Swim 9:30 - 10:45 am
9:00 AM			TRX 9:30-10:15 am					
9:30 AM				Yoga for Strength 10:30 - 11:30 am			Open/Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm
10:00 AM								Open Swim 12:00-12:45 pm
10:30 AM								
11:00 AM	Walk Fit 11:30 - 12:15 pm							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM							AquaFit 1:00 - 1:45 pm	
1:30 PM							New Class! Hydrotherapy 2:00 - 2:45 pm	
2:00 PM								
2:30 PM							New Time! Open/Lane Swim 2:45 - 3:45pm	New Time! Open Swim 2:45 - 3:45 pm
3:00 PM	Divided Open Gym (All Ages) 12:30 - 6:45 pm						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm		Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm			
5:30 PM			Zumba Kids (Ages 6-12) 6:15 - 7:00pm		Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm			
6:00 PM								
6:30 PM								
7:00 PM	Zumba 7:15 - 8:15pm							
7:30 PM								
8:00 PM							Lane Swim 7:45-9:15 pm	Open Swim 7:45-9:00 pm
8:30 PM								
9:00 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

TUESDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM							Lane Swim 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:30 AM								
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM								
9:00 AM			Cycle Fit 9:15- 10:00 am			Barre and Tone 9:30 - 10:15am	Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45pm
9:30 AM								
10:00 AM	Muscle Fit 10:15-11:00 am							
10:30 AM			Zumba Toning 10:30 - 11:30 am					
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm			Babies & Me 11:30 -12:15 pm				
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:45 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:30 PM								
2:00 PM						Balance + 1:00-2:00 pm	Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 -3:45 pm
2:30 PM								
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Soccer (Ages 6 - 9) 5:15 - 6:15 pm	Soccer (Ages 3-5) 5:15 - 6:00 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM								
6:00 PM								
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm		New Class! New Room! VIPR 6:15 - 7:00 pm	New Room! Boot Camp 6:00 - 6:45 pm				
7:00 PM			TRX 7:00 - 7:45 pm	New Time! Yoga 7:00 - 8:00 pm				
7:30 PM	Divided Open Gym (All Ages) 7:45-9:00 pm						Master Swim 7:45-8:45 pm	Open Swim 7:45 -9:00 pm
8:00 PM							Lane Swim 8:45 pm - 9:15 pm	
8:30 PM								
9:00 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

**WEDNESDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:30 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								
10:30 AM								
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 12:30 - 4:30 pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	New! Toddler and Family Open Gym 4:45 - 5:45 pm							
5:30 PM								
6:00 PM	New! Open Volleyball 6:00 - 7:30 pm							
6:30 PM				Queenax - Fitness Floor* 6:15-7:00 pm				
7:00 PM				Yang/Yin Yoga 7:00-8:00 pm				
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
	<b>GYM Closes at 9:15 pm</b>						<b>POOL Closes at 9:15 pm</b>	

**THURSDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM								
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM	Strength & Conditioning 10:15 - 11:00 am							
10:30 AM								
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM	Pickleball 12:45 - 3:00 pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM	Divided Open Gym (All Ages) 3:15- 4:45 pm							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball Lvl 1 (Ages 3-5) 5:15 pm - 6:00 pm						
5:30 PM								
6:00 PM								
6:30 PM	Basketball Lvl 2 (Ages 10-12) 6:30 - 7:30 pm							
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
	<b>GYM Closes at 9:15 pm</b>						<b>POOL Closes at 9:15 pm</b>	

**FRIDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am							
6:30 AM								
7:00 AM	Pickleball 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 am						
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Body Fit 9:15-10:00 am							
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 3:15-9:30 pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
	<b>GYM Closes at 9:15 pm</b>						<b>POOL Closes at 9:15 pm</b>	

**SATURDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM	Divided Open Gym (All Ages) 8:00 - 8:45 am							
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
	<b>GYM Closes at 5:15 pm</b>						<b>POOL Closes at 5:15 pm</b>	

**FACILITY HOURS**

Monday - Friday: 6:00 am - 9:30 pm

Saturday: 8:00 am - 5:30 pm

Sunday: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)

Sauna & Whirlpool are closed during Swim Lessons.

Pool closes 15 minutes before facility closure.