



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

**Agnes 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.

**SPRING SESSION - Swim and Child and Youth Land Programs**

Session	Start to End	Registration Opens
Spring 11 Week	April 7 to June 21 <small>*Programs will not run during the week of March Break</small>	March 23, 2026 (for Child and Youth More members) March 30, 2026 (for Child and Youth Core members) March 30, 2026 for Child and Youth Land programs for non-members
Summer 11 Week	June 29 - August 30	August 24, 2026 (for Child and Youth More members) August 31, 2026 (for Child and Youth Core members) August 31, 2026 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    
 ■ Registered Child and Youth Programs    
 ■ Drop In Recreational Programs  
■ Drop In Group Fitness    
 ■ Open Swims (Lap or Leisure)

MONDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTI PURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:30 am						Lane Swim 6:00 - 8:15 am	
7:30 AM								
8:00 AM								
8:30 AM							Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15 - 10:00 am							
9:30 AM								
10:00 AM					TRX 9:30-10:15 am			Open Swim 9:30 - 10:45 am
10:30 AM						Yoga for Strength 10:30 - 11:30 am		
11:00 AM							Open/Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm
11:30 AM	Walk Fit 11:30 - 12:15 pm							Open Swim 12:00-12:45 pm
12:00 PM								
12:30 PM								
1:00 PM							AquaFit 1:00 - 1:45 pm	
1:30 PM								
2:00 PM							Hydrotherapy 2:00 - 2:45 pm	
2:30 PM								
3:00 PM	Divided Open Gym (All Ages) 12:30 - 6:45 pm						Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 - 3:45 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	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM								
6:00 PM					Zumba Kids (Ages 6-12) 6:15 - 7:00pm	Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm		
6:30 PM								
7:00 PM	Zumba 7:15 - 8:15pm						Adult Swim Lessons (1 lane) 7:30-8:00 pm	Open Swim 7:45-9:00 pm
7:30 PM								
8:00 PM								
8:30 PM							Lane Swim 7:45 - 9:15 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	MULTI PURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM							Lane Swim 6:00 - 8:15 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								
9:30 AM						Barre and Tone 9:30 - 10:15am		
10:00 AM	Muscle Fit 10:15-11:00 am							
10:30 AM			Zumba Toning 10:30 - 11:30 am				Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45pm
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							Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Pickleball 12:45 - 3:00 pm							
2:00 PM								
2:30 PM							Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 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						
5:30 PM								
6:00 PM							Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm							
7:00 PM								
7:30 PM								
8:00 PM	Divided Open Gym (All Ages) 7:45-9:00 pm						Masters Swim 7:45 - 8:45 pm	Open Swim 7:45 - 9:00 pm
8:30 PM							Lane Swim 8:45 - 9:15 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								
1:00 PM								
1:30 PM	Divided Open Gym (All Ages) 12:30 - 3:45 pm							
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Family Open Gym Parented Play 4:00 - 5:45 pm							
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM	New! Open Volleyball 6:00 - 7:30 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	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

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								
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	Volleyball Level 1 (Ages 6-9) 5:15 pm - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 pm - 6:00 pm						
5:30 PM								
6:00 PM								
6:30 PM	Volleyball 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								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

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						Lane Swim / Community Rental 6:00 - 8:15 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								
1:00 PM								
1:30 PM	Pickleball 12:45 - 3:00pm							
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Divided Open Gym (All Ages) 3:15-9:30 pm							
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

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						Lane Swim 8:00 - 8:45 am	
8:30 AM								
9:00 AM	Basketball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	Basketball Lvl 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am					
9:30 AM								
10:00 AM	Basketball Lvl 2 (Ages 10-12) 10:15-11:15 am		VIPR 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am	Discovery Den (Ages 3-5) 10:15 - 11:00 am		Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
10:30 AM								
11:00 AM	Closed for Cleaning 11:15 am - 12:00 pm							
11:30 AM	Birthday Party 1 Rental 12:00 - 1:00 pm							
12:00 PM								
12:30 PM								
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 12:45 - 2:45 pm	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm						Open/Lane Swim 2:45-5:15 pm	Open Swim 12:45 - 5:00 Birthday Parties 3:00- 4:00 pm
3:30 PM								
4:00 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm							
4:30 PM								
5:00 PM								
5:30 PM	GYM Closes at 5:15 pm						POOL Closes at 5:15 pm	

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.