



SUNDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	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			Cycle Fit 9:00- 10:00 am							
9:00 AM	Strength & Conditioning 9:15 - 10:00 am							Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 1:2:30 pm	
9:30 AM										
10:00 AM			TRX 10:15 - 11:00 am							
10:30 AM	Family Pickleball 10:30 - 12:00 pm									
11:00 AM										
11:30 AM	Divided Open Gym (All Ages) 12:15 - 3:45pm							Open Swim (Full Pool) 12:45 - 1:45 pm	Open Swim (Parent and Child) 12:45- 3:45 pm	
12:00 PM								Lane Swim 2:00 - 3:45 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	GYM Closes at 3:45 pm							POOL Closes at 3:45 pm		

MONDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	LAP POOL	LEISURE POOL	
6:00 AM										
6:30 AM								Lane Swim 6:00 - 8:15 am		
7:00 AM			Cycle Fit 6:30-7:15 am							
7:30 AM	Pickleball 7:15 - 8:30 am									
8:00 AM										
8:30 AM								Aqua Fit 8:30 - 9:15 am		
9:00 AM	Body Fit 9:15 - 10:00 am							Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 - 10:45 am	
9:30 AM			TRX 9:30-10:15 am				Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am			
10:00 AM	Summer Fun 101 10:15 - 11:15 am							Lane Swim 10:45-12:45 pm	Splashers 11:00 - 12:00 pm	
10:30 AM				Yoga for Strength 10:30 - 11:30 am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 10:15 - 11:30 am			
11:00 AM										
11:30 AM	Walk Fit 11:30 - 12:15 pm									
12:00 PM									Open Swim 12:00-12:45 pm	
12:30 PM	Divided Open Gym (All Ages) 12:30 - 5:30 pm							AquaFit 1:00 - 1:45 pm		
1:00 PM								Hydrotherapy 2:00 - 2:45 pm		
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM									Open/Lane Swim 2:45 - 3:45pm	Open Swim 2:45 - 3:45 pm
3:30 PM									Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM			Zumba Kids JR (Ages 3-5) 5:15 - 6:00pm			Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm				
6:00 PM	<b>New Time - New Location!</b> Boot Camp 6:00 - 6:45 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								Lane Swim 7:45 - 9:15 pm		
8:00 PM										
8:30 PM										
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 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.

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

Session	Start to End	Registration Opens
SUMMER 9 Weeks	June 29 - August 30, 2026	June 15, 2026 (for Child and Youth More members) June 22, 2026 (for Child and Youth Core members) June 22, 2026 for Child and Youth Land programs for non-members
FALL 11 Week	September 14- November 26, 2026	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

TUESDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	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 - 8:45 am									
7:30 AM										
8:00 AM								Aqua Fit 8:30 - 9:15 am		
8:30 AM								Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 - 12:45pm	
9:00 AM	Summer Fun 101 9:00-10:00 am		Cycle Fit 9:15- 10:00 am	VIPR 9:15 - 10:00 am	Barre and Tone 9:30 - 10:15am		Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am			
9:30 AM										
10:00 AM	Muscle Fit 10:15-11:00 am							Lane Swim 10:45-12:45 pm	Open Swim 10:45-12:45pm	
10:30 AM					Summer Fun 101 (Ages 7-12) 10:15-12:00 pm	Summer Fun 101 (Ages 4-6) 10:15 - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 10:15 - 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	Pickleball 12:45 - 3:00 pm							Aqua Fit 1:00 - 1:45 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							Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm	
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM	Floor Hockey (Ages 6 - 9) 5:15 - 6:15 pm	Sports Adventure (Ages 3-5) 5:15 - 6:00 pm						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
6:00 PM										
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm			Pilates 6:15 - 7:00 pm						
7:00 PM										
7:30 PM	Divided Open Gym (All Ages) 7:45-9:00 pm			TRX 7:00 - 7:45 pm				Masters Swim 7:45 - 8:45 pm	Open Swim 7:45 - 9:00 pm	
8:00 PM								Lane Swim 8:45 - 9:15 pm		
8:30 PM										
9:00 PM	GYM Closes at 9:15 pm							POOL Closes at 9:15 pm		

## Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

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

WEDNESDAY

	GYM 1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	CHILD MINDING ROOM	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				<b>New Location!</b> CORE FIT 9:30 - 10:15 am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm		Open/Lane Swim 9:30 - 10:45 am	
10:00 AM	Summer Fun 101 10:15 - 11:15 am								
10:30 AM				<b>New Location!</b> Yoga 10:30 - 11:30 am					Open Swim 9:30 - 12:45 pm
11:00 AM								Lane Swim 10:45-12:45 pm	
11:30 AM	Walk Fit 11:30 - 12:15 pm								
12:00 PM					Chair Yoga 12:00 - 12:45 pm				
12:30 PM									
1:00 PM								Aquafit 1:00 - 1:45 pm	
1:30 PM	Divided Open Gym (All Ages) 12:30 - 3:45 pm							Hydrotherapy 2:00 - 2:45 pm	
2:00 PM									
2:30 PM								Open/Lane Swim 2:45 - 3:45 pm	Open Swim 2:45 - 3:45 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					<b>New Class!</b> Power Spin 5:15 - 5:45 pm		Discovery Den (Ages 3-5) 5:00 - 5:45 pm		
5:30 PM								Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM					<b>New!</b> Youth Sports Enhancement (Birth Years 2014-16) 6:00 pm - 6:45 pm				
6:30 PM	New! Open Volleyball 6:00 - 7:30 pm			Queenax - Fitness Floor* 6:00-6:45 pm	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm				
7:00 PM									
7:30 PM				Yang/Yin Yoga 7:00-8:00 pm	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm				
8:00 PM								Aqua Blast 7:45-8:30 pm	Open Swim 7:45 - 9:00 pm
8:30 PM								Lane Swim 8:30 - 9:15 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	CHILD MINDING ROOM	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								Aqua Fit 8:30 - 9:15 am	
9:00 AM	Body Fit 9:15-10:00 am								
9:30 AM				Yoga 9:30 - 10:30 am	Summer Fun 101 (Ages 7-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 4-6) 9:00 am - 12:00 pm		Open/Lane Swim 9:30 - 10:45 am	
10:00 AM	Summer Fun 101 10:15 - 11:15 am								
10:30 AM									
11:00 AM									Open Swim 9:30 - 12:45 pm
11:30 AM	Walk Fit 11:30 - 12:15 pm								
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	Divided Open Gym (All Ages) 3:15- 5:30 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									
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	CHILD MINDING ROOM	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 - 8:45 am								
7:30 AM									
8:00 AM									
8:30 AM								Aqua Fit 8:30 - 9:15 am	
9:00 AM	Summer Fun 101 9:00-10:00 am		Cycle Fit 9:15-10:00 am		VPR 9:15-10 am		Child Minding (Ages 3 m - 5yrs) 9:00 - 10:15 am	Open/Lane Swim 9:30 - 10:45 am	Open Swim 9:30 - 10:45 am
9:30 AM				Yoga 9:30 - 10:30 am	Summer Fun 101 (Ages 7-12) 10:15-12:00 pm	Summer Fun 101 (Ages 4-6) 10:15 - 12:00 pm	Child Minding (Ages 3 m - 5yrs) 10:15 - 11:30 am		
10:00 AM	Strength & Conditioning 10:15 - 11:00 am								
10:30 AM									
11:00 AM				Pilates Inferno 11:00 - 12:00 pm				Lane Swim 10:45-12:45 pm	Splashes 11:00 - 12:00 pm
11:30 AM	Gentle Fit 11:30 - 12:15 pm								Open Swim 12:00-12:45 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									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Basketball Level 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball (Ages 3-5) 5:15 pm - 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	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									
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	CHILD MINDING ROOM	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	Volleyball Lvl 1 (Ages 6-9) 9:00 - 10:00 am	Sports Adventure (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am						
9:30 AM									
10:00 AM	Volleyball Lvl 2 (Ages 10-12) 10:15-11:15 am	Soccer Lvl 1 (Ages 3-5) 10:15 - 11:00 am	<b>New Class!</b> Fitness Fusion 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am	<b>New!</b> Youth Sports Enhancement (Birth Years 2014-2016) 9:30 - 10:15 am			Swim Lessons 9:00 - 12:30 pm	Swim Lessons 9:00 - 12:30 pm
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm								
12:30 PM									
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm							Open Swim (Full Pool) 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								
3:30 PM									
4:00 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm							Lane Swim 2:45-5:15 pm	*Birthday Party Swims
4:30 PM									
5:00 PM									
9:30 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.