

MONDAY  
**FEB**  
**17**

# Family Day Activities

## Flamborough Family YMCA

### PROGRAM SCHEDULE:

**Family HIIT Class (13+)**  
**(Gym)**  
**9:15am-10:00am**

**Family Basketball (Large Gym)**  
**10:30am-12:30pm**

**Family Toddler Open Gym (Small Gym)**  
**10:30am-12:30pm**

**Open Gym**  
**12:30pm-4:00pm**



### POOL SCHEDULE:

**Open Swim (Lap Pool)**  
**11:00am-3:45pm**

**Open Swim (Leisure Pool)**  
**8:00am-3:45pm**

**Lane/Open Swim (Lap Pool)**  
**8:00am-11:00am**

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### COST:

Free to Members

Non-Members: \$10 Family

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### FACILITY HOURS:

8:00 am - 4:00 pm

Visit [ymcahbb.ca](http://ymcahbb.ca) for more information.