



# Flamborough Family YMCA - Schedule at a Glance

July 2 to September 2, 2024

MONDAY									
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM									
6:30 AM			NEW CLASS! Cycle Fit 6:30-7:15 am				Lane Swim 6:00 - 8:00 am		
7:00 AM	Pickleball 7:00 - 8:45 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			TRX 9:30-10:15		Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm		Open Swim 9:45-10:45	
10:00 AM	Summer Fun 101 10:15 - 11:15 am		Yoga for Strength 10:30 - 11:30 am					Lane Swim 9:45 - 12:45 pm	Splashers 11:00 - 12:00 pm
10:30 AM								Open Swim 12:00 -12:45 pm	
11:00 AM	WalkFit 11:30 - 12:15 pm								
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM	Divided Open Gym (all ages) 12:45 pm - 6:30 pm						Hydrotherapy 1:00 - 1:45 pm		
1:30 PM									
2:00 PM									
2:30 PM								Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 -3:45 pm
3:00 PM								Open/Lane 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 pm - 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				Zumba Kids (Ages 6-12) 6:15 pm - 7:00pm		Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm			
6:00 PM									
6:30 PM									
7:00 PM	Zumba 7:15 pm - 8:15pm			Yoga 7:00 - 8:00 pm	Karate (Volunteer Instructor Class) 7:00-7:45 pm		Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm	
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									

TUESDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM								
6:30 AM							Lane Swim/Community Rental 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	Summer Fun 101 9:00-10:00 am		Cycle Fit 9:15 - 10:00 am					
9:30 AM				Barre and Tone 9:30 - 10:15am	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm		
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	GentleFit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:30 PM						Balance Plus 1:00-2:00 pm		
2:00 PM								
2:30 PM							Lane Swim 2:00 -3:45	Open Swim 2:00 -3:45
3:00 PM	Open Basketball 3:00 - 4:45 pm							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Basketball Level 1 (Ages 6-9) 5:15 - 6:15 pm	Basketball Level 1 (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	Basketball Level 2 (Ages 6-9) 6:30 - 7:30 pm							
7:00 PM								
7:30 PM	Basketball Level 2 & 3 (Ages 10-12) 7:45-8:45 pm		TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			Marster Swim 7:45-8:45	Open Swim 7:45 - 8:45
8:00 PM								
8:30 PM								
8:30 PM							Lane Swim 8:45 pm - 9:15 pm	
9:00 PM								
9:30 PM								

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



Shine On

**WEDNESDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM	NEW CLASS! Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:00 am		
6:30 AM									
7:00 AM									
7:30 AM	NEW TIME! Pickleball 7:15 - 8:45 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			CORE FIT 9:30 - 10:00 am		Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm			
10:00 AM	Summer Fun 101 10:15 - 11:15 am								
10:30 AM				Yoga 10:30-11:30 am					
11:00 AM							Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45	
11:30 AM	Walk Fit 11:30 - 12:15 pm								
12:30 PM									
1:00 PM							Hydrotherapy 1:00 - 1:45 pm		
1:30 PM	Divided Open Gym (all ages) 1:00 - 4:30 pm						Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45	
2:00 PM							Lane/Open Swim 2:45-3:45 pm		
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	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	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm		NEW CLASS! Zumba Step 6:30-7:00 pm						
6:30 PM									
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 pm - 8:15pm						
7:30 PM									
8:00 PM							NEW CLASS! Aqua Blast 7:40-8:25 pm	Open Swim 7:45-8:45	
8:30 PM									
9:00 PM							Lane Swim 8:30 - 9:15 pm		
9:30 PM									

**THURSDAY**

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM							Lane Swim/Community Rental 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	Summer Fun 101 9:00-10:00 am		Cycle Fit 9:15 - 10:00 am		Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm			
9:30 AM				Yoga 9:30 - 10:30 am					
10:00 AM	Strength & Conditioning 10:15 - 11:00 am								Lane Swim 9:45 - 12:45 pm
10:30 AM								Splashers 11:00 - 12:00 pm	
11:00 AM								Open Swim 12:00-12:45 pm	
11:30 AM	Gentle Fit 11:30 - 12:15 pm								
12:00 PM							Aqua Fit 1:00 - 1:45 pm		
12:30 PM	Pickleball 12:30 - 3:00 pm						Lane Swim 2:00 - 2:45 pm	Open Swim 2:15 - 3:45 pm	
1:00 PM							Lane/Open Swim 2:45-3:45 pm		
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM		Open Basketball 3:00 - 4:45 pm							
4:00 PM									
4:30 PM									
5:00 PM	Soccer Level 1 (Ages 6-12) 5:15 pm - 6:15 pm						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
5:30 PM									
6:00 PM				Cycle & Strength 6:00 - 7:00 pm	New Time! VIPR 6:15 - 7:00 pm	YMCA Architeers (Ages 3-5) 5:30 - 6:15 pm			
6:30 PM	Soccer Level 1 (Ages 3-5) 6:30-7:15 pm				YMCA Architeers (Ages 6-12) 6:30-7:30 pm				
7:00 PM									
7:30 PM	Y-Climb (Ages 6-12) 7:30 - 8:30pm						Marster Swim 7:45-8:45	Open Swim 7:45-8:45	
8:00 PM			New Class! Zumba 7:15 - 8:00 pm						
8:30 PM							Lane Swim 8:45 pm - 9:15 pm		
9:00 PM									
9:30 PM									

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

## FRIDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM							Lane Swim / Community Rental 6:00 - 7:00 am	
6:30 AM							Lane Swim 6:00 - 7:00 am	
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM							Aqua Fit 8:30 - 9:15 am	
9:00 AM	BodyFit 9:15-10:00am							
9:30 AM				Yoga 9:30 - 10:30 am				
10:00 AM	Summer Fun 101 10:15 - 11:15 am				Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm		
10:30 AM							Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
11:00 AM								
11:30 AM	WalkFit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM							Aqua Fit 1:00 - 1:45 pm	
1:00 PM	Pickleball 12:30 - 3:00 pm							
1:30 PM							Lane Swim 2:15 - 3:45 pm	Open Swim 2:15 - 3:45 pm
2:00 PM								
2:30 PM								
3:00 PM							Community Rental 1/2 Pool 3:30-4:30 pm	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Divided Open Basketball (all ages) 3:00 - 9:00 pm						Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM							Lane Swim 8:15 - 9:15 pm	
9:00 PM								
9:30 PM								

## SATURDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM							Lane Swim 8:00 - 8:45	
8:30 AM								
9:00 AM			Cycle Fit 9:15 - 10:00 am					
9:30 AM	Sports Adventure (Ages 3-5) 9:30 - 10:15 am							
10:00 AM				Yin Yoga 10:15 - 11:15 am				
10:30 AM	Sports Adventure (Ages 6-12) 10:30 - 11:30 am						Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
11:00 AM								
11:30 AM								
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm					Birthday Party 1 Rental 12:00 - 2:00 pm		
12:30 PM								
1:00 PM							Open Swim 1:15 - 2:15 pm	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm							Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm
3:30 PM							Lane / Open Swim 2:45 - 5:15 pm	
4:00 PM	Divided Open Basketball (All Ages) 4:15 - 5:00 pm					Birthday Party 2 Rental 3:00 - 5:00 pm		
4:30 PM								
5:00 PM								
5:30 PM							Pool Closes at 5:15pm	

## SUNDAY

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

Registered Programs

Open Gym/Open Swim

Drop In Group Fitness

Registered Aquatic Leadership Programs

Drop in Recreational Programs



## 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

Sauna & Whirlpool are closed during Swim Lessons.  
Pool closes 15 minutes before facility closure.

## 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 or 1 adult per 4 children if all children are in a lifejacket.

### 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 or 1 adult per 4 children if all children are in a lifejacket.

### 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.

## Flamborough Family YMCA

 207 Parkside Drive, Waterdown, ON

 [flamborough.membership@ymcahbb.ca](mailto:flamborough.membership@ymcahbb.ca)

 905-690-3555