

Flamborough Family YMCA - Schedule at a Glance July 2 to September 2, 2024

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	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSEB	LAP POOL	LEISURE POO
:00 AM								
:30 AM			NEW CLASS!					
			Cycle Fit 6:30-7:15 am				Lane Swim 6:00-8:00 am	
:00 AM	D. 11		0.50-7.15 atti				0.00-6.00 aiii	
:30 AM	Pickl 7:00-8						1	
:00 AM	7.00							
:30 AM							Aqua Fit	
:00 AM	Bod	ly Fit					8:30 - 9:15 am	
:30 AM	9:15 - 10	0:00 am	TRX		Summer Fun 101	Summer Fun 101		Open Swim
0:00 AM		F 101	9:30-10:15		(Ages 6-12)	(Ages 3-5)		9:45-10:45
0:30 AM	Summer 10:15 - 1	1:15 am	Yoga for Strength		9:00 am - 12:00 pm	9:00 am - 12:00 pm		
1:00 AM	10.15	ms am	10:30 - 11:30 am				Lane Swim	Splashers
1:30 AM	Wal						9:45 - 12:45 pm	11:00 - 12:00 pm
2:00 PM	11:30 - 1	2:15 pm					Open Swim	
2:30 PM								12:00 -12:45 pr
:00 PM							Hydrotherapy	
:30 PM							1:00 - 1:45 pm	
:00 PM							Lane Swim	
:30 PM							2:00 - 2:45 pm	Open Swim
:00 PM		pen Gym					Open/Lane Swim	2:00 -3:45 pm
:30 PM	(all a						2:45-3:45 pm	
:00 PM	12:45 pm	-6:30 pm						
:30 PM								
:00 PM			Zumba Kids JR (Ages 3-5)			ntals (Ages 6-12)	Swim Lessons	Swim Lessons
:30 PM			5:15 pm - 6:00pm			5:45 pm	4:00 - 7:30 pm	4:00 - 7:30 pm
:00 PM			Zumba Kids (Ages 6-12)			ed (Ages 6 - 12)		
5:30 PM			6:15 pm - 7:00pm			i:45 pm		
:00 PM	Zur	mba		Yoga	Karate (Voluntee			
:30 PM	7:15 pm			7:00 - 8:00 pm	7:00-7	'45 pm	Lane Swim	Open Swim
3:00 PM							7:45-9:15	7:45-8:45 pm
3:30 PM								
9:00 PM								
9:30 PM				THECDAY	7			
				TUESDA	Y			
	GYM1&2	GYM3	STUDIO A	STUDIOB	MULTIPURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POO
:00 AM								
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:30 AM							Lane Swim/Community Rental	
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330 AM 33	9:00-16 Gent 11:30 - 1 Pickl 12:30 - 3 Open B: 3:00 - 4 Basketball Level 1 (Ages 6-9) 5:15-6:15 pm Basketball Level 2 Basketball Level 2 Basketball Level 2	2:15 pm leball 3:00 pm asketball 4:45 pm Basketball Level 1 (Ages 3-5) 5:15 -6:00 pm el 2 (Ages 6-9) 3:30 pm	9:15-10:00 am	9:30-10:15am	(Ages 6-12) 9:00 am - 12:00 pm Balan	(Ages 3-5) 9:00 am - 12:00 pm	Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 3:45 Swim Lessons 4:00 - 7:30 pm Marster Swim	Open Swim 2:00 - 3:45 Swim Lessons 4:00 - 7:30 pm Open Swim
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	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSEB	LAP POOL	LEISURE POO
6:00 AM		W CLASS!						
		nd Conditioning					Lane Swim / Community	
6:30 AM	6:10	0-6:55 am					Rental	
7:00 AM	NE	WTIME!					6:00 - 8:00 am	
7:30 AM		ickleball						
3:00 AM		i-8:45 am						
3:30 AM							Aqua Fit	
9:00 AM		HIIT					8:30 - 9:15 am	
9:30 AM	9:15	- 10:00 am	CORE FIT 9:30 - 10:00 am		Summor Fun 101	Summor Euro 101		
0:00 AM					Summer Fun 101 (Ages 6-12)	Summer Fun 101 (Ages 3-5)		
0:30 AM		ner Fun 101		Yoga	9:00 am - 12:00 pm	9:00 am - 12:00 pm		
1:00 AM	. 10:15	5-11:15 am		10:30-11:30 am			Lane Swim	Open Swim 9:45 -12::45
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2:30 PM							-	
							I badaadh aanaa	
1:00 PM							Hydrotherapy 1:00 - 1:45 pm	
:30 PM							-	
2:00 PM		d Open Gym					Lane Swim	
2:30 PM		all ages) I-4:30 pm					2:00 - 2:45 pm	Open Swin
:00 PM	1:00						Lane/Open Swim	2:00-3:45
:30 PM							2:45-3:45 pm	
1:00 PM								
1:30 PM								
5:00 PM	Karate Fundar	mentals (Ages 6 - 12)						Suinal assau
5:30 PM)-5:45 pm					Swim Loccons	
5:00 PM					<u> </u>		Swim Lessons 4:00-7:30 pm	Swim Lesson 4:00 - 7:30 pt
	Karate Fundar	mentals (Ages 6 - 12)	NEW CLASS!					7.50 pi
)-6:45 pm	Zumba Step					
6:30 PM			6:30-7:00 pm					
7:00 PM	Karate Adva	nced (Ages 6 - 12)						
7:30 PM)-7:45 pm	Zumba - 7:15 pm 9:15 pm					
3:00 PM			7:15 pm - 8:15pm				NEW CLASS!	Open Swim
		+			+		Aqua Blast 7:40-8:25 pm	7:45 -8:45
8:30 PM							7.40°0.23 pm	
9:00 PM							Lane Swim	
9:30 PM							8:30 - 9:15 pm	
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				THURSDA	V			
	CVM100	CVM2	CTI IDIO A	THURSDA		MI II TIDI IDDOCE D	LADDOO	EICLIPE DO
5.00 AM	GYM1&2	GYM3	STUDIO A	THURSDA STUDIOB	MULTIPURPOSE A	MULTIPURPOSEB	LAP POOL	LEISURE PO
	GYM1&2	GYM3	STUDIOA			MULTIPURPOSE B		LEISURE PO
5:00 AM 5:30 AM	GYM1&2	GYM3	STUDIOA			MULTIPURPOSEB	Lane Swim/Community Rental	LEISURE POO
5:30 AM 7:00 AM	GYM1&2	GYM3	STUDIOA			MULTIPURPOSEB	Lane Swim/Community	LEISURE POO
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5:30 AM 7:00 AM 7:30 AM 8:30 A	Sumn 9:00 Strength/ 10:15 G 11:30 Pi 12:30	ner Fun 101 -10:00 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball 0-3:00 pm	Cycle Fit	STUDIO B	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	SummerFun 101 (Ages 3-5) 9:00 am - 12:00 pm e Plus	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm	Open Swin 9:45-10:45 Splashers 11:00-12:00 Open Swin 12:00-12:45 p
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230 AM 23	Sumn 9:00 Strength/ 10:15 G 11:30 Pi 12:30	& Conditioning -11:00 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball 0-3:00 pm	Cycle Fit	STUDIO B	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm	SummerFun 101 (Ages 3-5) 9:00 am - 12:00 pm e Plus	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim	Open Swin 945-1045 Splashers 11:00-12:00 Open Swin 12:00-12:45 ;
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230 AM 23	Summ 9:00 Strength/10:15 Gr 11:30 Pi 12:30 Open 3:00 SoccerLev	erFun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball -3:00 pm	Cycle Fit	STUDIO B	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balance 1:00-2	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm e Plus 00 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm Swim Lessons	Open Swin 9:45-10:45 Splashers 11:00-12:00 Open Swin 12:00-12:45 p
330 AM 33	Summ 9:00 Strength/10:15 Gr 11:30 Pi 12:30 Open 3:00 SoccerLev	er Fun 101 -10:00 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball 0-3:00 pm	Cycle Fit 9:15 - 10:00 am	STUDIO B	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2:	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm e Plus 00 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:45-10:45 Splashers 11:00-12:00 pr Open Swim 12:00-12:45 pr Open Swim 2:15-3:45 pr
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8:30 AM 1:30 A	Summ 9:00 Strength/10:15 Gi 11:30 Pii 12:30 Open 3:00 Soccer Lev 5:15 pi	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball 0-3:00 pm ABASKetball -4:45 pm vel 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm	Cycle Fit 9:15 - 10:00 am	Yoga 9:30-10:30 am	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swin 9:45-10:45 Splashers 11:00-12:00] Open Swin 12:00-12:45 p Open Swin 2:15-3:45 pi
330 AM 33	Summ 9:00 Strength/10:15 G 11:30 Pic 12:30 Open 3:00 Soccer Lee 5:15 pi Soccer Lee 6:30 Y-Climb	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball -3:00 pm del 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm o (Ages 6-12)	Cycle Fit 9:15 - 10:00 am	Yoga 9:30-10:30 am New Timel VIPR 6:15-7:00 pm New Timel	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swin 945-1045 Splashers 11:00-12:00) Open Swin 12:00-12:45 p Open Swin 2:15-3:45 pi Swim Lesso 4:00-7:30 p
230 AM 23	Summ 9:00 Strength/10:15 G 11:30 Pic 12:30 Open 3:00 Soccer Lee 5:15 pi Soccer Lee 6:30 Y-Climb	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball 0-3:00 pm ABASKetball -4:45 pm vel 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm	Cycle Fit 9:15 - 10:00 am	Yoga 9:30-10:30 am New Timel ViPR 6:15-7:00 pm New Timel Pilates Infusion	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swir 945-1045 Splashers 11:00-12:00 Open Swir 12:00-12:45 p Open Swir 2:15-3:45 p
230 AM 23	Summ 9:00 Strength/10:15 G 11:30 Pic 12:30 Open 3:00 Soccer Lee 5:15 pi Soccer Lee 6:30 Y-Climb	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball -3:00 pm del 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm o (Ages 6-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm New Class! Zumba	Yoga 9:30-10:30 am New Timel ViPR 6:15-7:00 pm New Timel Pilates Infusion	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm SwimLessons 4:00 - 7:30 pm Marster Swim 7:45 - 8:45	Open Swin 9:45-10:45 Splashers 11:00-12:00] Open Swin 12:00-12:45 p Open Swin 2:15-3:45 pi
230 AM 23	Summ 9:00 Strength/10:15 G 11:30 Pic 12:30 Open 3:00 Soccer Lee 5:15 pi Soccer Lee 6:30 Y-Climb	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball -3:00 pm del 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm o (Ages 6-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm	Yoga 9:30-10:30 am New Timel ViPR 6:15-7:00 pm New Timel Pilates Infusion	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm SwimLessons 4:00 - 7:30 pm Marster Swim 7:45 - 8:45 Lane Swim	Open Swin 945-1045 Splashers 11:00-12:00) Open Swin 12:00-12:45 p Open Swin 2:15-3:45 pi Swim Lesso 4:00-7:30 p
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30 AM	Summ 9:00 Strength/10:15 G 11:30 Pic 12:30 Open 3:00 Soccer Lee 5:15 pi Soccer Lee 6:30 Y-Climb	ner Fun 101 -1000 am & Conditioning -11:00 am entle Fit -12:15 pm ckleball -3:00 pm del 1 (Ages 6-12) m-6:15 pm vel 1 (Ages 3-5) -7:15 pm o (Ages 6-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm New Class! Zumba	Yoga 9:30-10:30 am New Timel ViPR 6:15-7:00 pm New Timel Pilates Infusion	Summer Fun 101 (Ages 6-12) 9:00 am - 12:00 pm Balanc 1:00-2: YMCA Archite 5:30-6	Summer Fun 101 (Ages 3-5) 9:00 am - 12:00 pm ePlus 00 pm ers (Ages 3-5) 15 pm	Lane Swim/Community Rental 6:00 - 8:00 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:45 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm SwimLessons 4:00 - 7:30 pm Marster Swim 7:45 - 8:45 Lane Swim	Open Swim 9:45-10:45 Splashers 11:00 - 12:00 p Open Swim 12:00-12:45 p Open Swim 2:15-3:45 pr Swim Lessor 4:00 - 7:30 pi
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				FRIDAY				
	GYM1&2	GYM 3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSEB	LAPPOOL	LEISURE POOL
6:00 AM							Lane Swim / Community	
6:30 AM							Rental 6:00 - 7:00 am	
7:00 AM							Lane Swim	
7:30 AM							6:00 - 7:00 am	
8:00 AM 8:30 AM							Aqua Fit	
9:00 AM	Bo	dy Fit					8:30 - 9:15 am	
9:30 AM	9:15-1	0:00am		Yoga	Summer Fun 101	Summer Fun 101		
10:00 AM	Summe	er Fun 101		9:30 - 10:30 am	(Ages 6-12)	(Ages 3-5)		
10:30 AM		11:15 am			9:00 am - 12:00 pm	9:00 am - 12:00 pm		
11:00 AM 11:30 AM	Wa	alk Fit			_		Lane Swim 9:45 - 12:45 pm	Open Swim 9:45 - 12:45
12:00 PM		12:15 pm					•	
12:30 PM								
1:00 PM	Pick	kleball					Aqua Fit	
1:30 PM		-3:00 pm					1:00 - 1:45 pm	
2:00 PM 2:30 PM							Lane Swim	Open Swim
3:00 PM							2:15 - 3:45 pm	2:15 - 3:45 pm
							Community Rental 1/2 Pool	
3:30 PM							3:30-4:30 pm	
4:00 PM								
4:30 PM								
5:00 PM	<u></u>	D 1 // "						
5:30 PM		oen Basketball ages)					Private Swim Lesson	Private Swim Lesson
6:00 PM		9:00 pm					4:00 pm - 8:00 pm	4:00 pm - 8:00 pm
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM							Lane Swim	
9:00 PM							8:15 - 9:15 pm	
9:30 PM								
				SATURDA	V			
	GYM1&2	GYM3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSEB	LAPPOOL	LEISURE POOL
8:00 AM	GIWIWZ	GIMS	JIODIOA	310000	MOLITFORFOSEA	WOLTIFORFOSEB		LEISUNE POOL
							Lane Swim	
8:30 AM							Lane Swim 8:00 -8:45	
8:30 AM 9:00 AM			Cycle Fit					
9:00 AM 9:30 AM		ture (Ages 3-5)	Cycle Fit 9:15 - 10:00 am					
9:00 AM 9:30 AM 10:00 AM	9:30 - 10	0:15 am		Yin Yoga				6.1
9:00 AM 9:30 AM 10:00 AM 10:30 AM	9:30-1			Yin Yoga 10:15 - 11:15 am			800-845 SwimLessons	Swim Lessons 9:00 - 1:00 pm
9:00 AM 9:30 AM 10:00 AM	9:30-1	0:15 am ture (Ages 6-12)					8:00-8:45	
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	9:30 - 1 Sports Advent 10:30 - 1 Birthday Pa	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental					800-845 SwimLessons	
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM	9:30 - 1 Sports Advent 10:30 - 1 Birthday Pa	0:15 am ture (Ages 6-12) 11:30 am			Birthday Pa		800-845 SwimLessons	
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	9:30 - 1 Sports Advent 10:30 - 1 Birthday Pa	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental			Birthday Pa 1200 -		800-845 SwimLessons	
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	9:30 - 1 Sports Advent 10:30 - 1 Birthday Pa	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental					800-845 SwimLessons 900-1:00 pm	
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 1:30 PM	9:30 - 1 Sports Advent 10:30 - 1 Birthday Pa	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental					8:00-8:45 SwimLessons 9:00-1:00 pm Open Swim	9.00 - 1.00 pm Open Swirn
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	9:30-1 Sports Advent 10:30-1 Birthday P2 12:00-	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental 1:00 pm					800-845 SwimLessons 900-1:00 pm Open Swim 1:15-2:15 pm	9:00 - 1:00 pm
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:00 PM 12:30 PM 1:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM	9:30-1 Sports Advent 10:30-1 Birthday Pa 12:00-	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental 1:00 pm arty 2 Rental 6:00 pm				:00 pm	SwimLessons 9:00 - 1:00 pm Open Swim 1:15 - 2:15 pm	9:00 - 1:00 pm Open Swim 1:15 - 5:15
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM	9:30-1 Sports Advent 10:30-1 Birthday Pa 12:00- Birthday Pa 3:00-4 Divided Op	0:15 am ture (Ages 6-12) 11:30 am larty 1 Rental 1:00 pm larty 2 Rental 6:00 pm en Basketball			12:00-2	rty 2 Rental	800-845 SwimLessons 900-1:00 pm Open Swim 1:15-2:15 pm	9,00 - 1,00 pm Open Swim 1:15 - 5:15 Birthday Parties
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:00 PM 12:30 PM 1:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM	9:30-1 Sports Advent 10:30-1 Birthday Pa 12:00- Birthday Pa 3:00-4 Divided Op	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental 1:00 pm arty 2 Rental 6:00 pm			12:00 -i Birthday Pa	rty 2 Rental	SwimLessons 9:00 - 1:00 pm Open Swim 1:15 - 2:15 pm	9,00 - 1,00 pm Open Swim 1:15 - 5:15 Birthday Parties
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM	9:30-1 Sports Advent 10:30-1 Birthday Pa 12:00- Birthday Pa 3:00-4 Divided Op	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental 1:00 pm bry 2 Rental 1:00 pm en Basketball Ages)			12:00 -i Birthday Pa	rty 2 Rental	SwimLessons 9:00 - 1:00 pm Open Swim 1:15 - 2:15 pm	9,00 - 1,00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM	9:30-1 Sports Advent 10:30-1 Birthday Pa 12:00- Birthday Pa 3:00-4 Divided Op	0:15 am ture (Ages 6-12) 11:30 am arty 1 Rental 1:00 pm bry 2 Rental 1:00 pm en Basketball Ages)			12:00 -i Birthday Pa	rty 2 Rental	SwimLessons 9:00 - 1:00 pm Open Swim 1:15 -2:15 pm Lane /Open Swim 2:45 -5:15 pm	9,00 - 1,00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm
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Registered Programs
Drop In Group Fitness

Open Gym/Open Swim

Registered Aquatic Leadership 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



flamborough.membership@ymcahbb.ca

905-690-3555