

Flamborough Family YMCA - Schedule at a Glance September 3, 2024 to December 22, 2024

Sh	ine On	•						
				MONDA	Y			
	GYM1&2	GYM3	STUDIO A	STUDIOB	MULTIPURPOSE A	MULITPURPOSEB	LAPPOOL	LEISURE POOL
6:00 AM								
6:30 AM			NEW CLASS! Cycle Fit				Lane Swim	
7:00 AM	- Pickleb	Pickleball					6:00 - 8::15 am	
7:30 AM 8:00 AM	7:00 - 8:45							
8:30 AM							Aqua Fit	
9:00 AM	Body Fit		TOV				8:30 - 9:15 am	
9:30 AM 10:00 AM	9:15 - 10:00 am Open Gym		TRX 9:30-10:15					Open Swim
10:30 AM	(All Ages)		Yoga for Strength					9:30-10:45
11:00 AM 11:30 AM	10:15 - 11:15 am		10:30 - 11:30 am				Lane Swim 9:30- 12:45 pm	Splashers 11:00 - 12:00 pm
12:00 PM	Walk Fit 11:30 - 12:15 pm						, , , , , , , , , , , , , , , , , , ,	Open Swim
12:30 PM								12:00-12:45 pm
1:00 PM 1:30 PM	Divided Open Gym (all ages)						Hydrotherapy 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Community Rental 2:45-3:45 pm	
2:00 PM								
2:30 PM 3:00 PM								Open Swim 2:00 -3:45 pm
3:30 PM								
4:00 PM	12:45 pm - 6:	i:30 pm						
4:30 PM 5:00 PM			Zumba Kids JR (Ages 3-5)		Karate Fundament	rals (Ages 6-12)	Swim Lessons 4:00-7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM			5:15 pm - 6:00pm		5:00 - 5:4	5 pm		
6:00 PM 6:30 PM	Zı		Zumba Kids (Ages 6-12) 6:15 pm - 7:00pm		Karate Advanced 6:00-6:4			
7:00 PM	- Zumba		опорти люерт	Hatha Yoga		Karate (Volunteer Instructor Class)		
7:30 PM	7:15 pm - 8:			7:00-8:00 pm	7:00 -74.	5 pm		0.61
9:00 PM							Lane Swim	Open Swim 7:45-8:45 pm
8:30 PM							7:45-9:15	
9:30 PM								
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	evan o		STUDIO A	TUESDA				
6:00 AM	GYM1&2	GYM3	STUDIO A	TUESDA	Y MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM 6:30 AM	GYM1&2	GYM3	STUDIO A			MULTIPURPOSEB	Lane Swim	LEISURE POOL
6:30 AM 7:00 AM			STUDIO A			MULTIPURPOSEB		LEISURE POOL
6:30 AM	Divided (GYM3 Open Gym Ages)	STUDIO A			MULTIPURPOSEB	Lane Swim	LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Divided C	Open Gym				MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Divided C	Open Gym Ages)	Cycle Fit 9:15 - 10:00 am	STUDIOB		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am	LEISURE POOL
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Registered Programs Drop In Group Fitness Registered Child and Youth Programs Open Swims (Lap or Leisure)

WEDNESDAY STUDIO B LEISURE POOL GYM 1 & 2 GYM3 STUDIO A MULTI PURPOSE A MULTIPURPOSE B LAP POOL **NEW CLASS!** 6:00 AM Strength and Conditioning Lane Swim / Community 6:10-6:55 am 6:00 - 8:15 am 7:00 AM Pickleball 7:30 AM 7:15 - 8:45 am 8:00 AM 8:30 AM Aqua Fit 9.00 AM HIIT 9:15 - 10:00 am CORE FIT 9:30-10:00 am 9:30 AM 10:00 AM Open Gym (All Ages) 10:15 - 11:15 am Yoga 10:30-11:30 am 10:30 AM 11:00 AM Lane Swim Open Swim 11:30 AM Walk Fit 9:30-12:45 pm 9:30-12::45 11:30 - 12:15 pm 12:00 PM 12:30 PM Hydrotherapy 1:00 PM 1:00 - 1:45 pm 1:30 PM 2:00 PM Divided Open Gym Lane Swim (all ages) 2:00 - 2:45 pm 2:30 PM Open Swim 12:45 - 4:30 pm 2:00 - 3:45 3:00 PM Community Rental 2:45-3:45 pm 3:30 PM 4:00 PM 4:30 PM 5:00 PM Karate Fundamentals (Ages 6-12) 5:00 - 5:45 pm 5:30 PM **Swim Lessons Swim Lessons** 4:00 - 7:30 pm 4:00 - 7:30 pm 6:00 PM Karate Fundamentals (Ages 6 - 12) Zumba Step Queenax - Fitness Floor* 6:00 - 6:45 pm 6:30 PM 6:30-7:00pm 6:30-7:15pm 7:00 PM Karate Advanced (Ages 6 - 12) **NEW FORMAT!** Zumba **NEW CLASS!** 7:00 - 7:45 pm Yang/Yin Yoga 7:30 PM 7:15 pm-8:15pm Agua Blast Open Swim 7:00-8:00 pm 7:40-8:25 pm 8:00 PM 7:45 -8:45 8:30 PM Lane Swim 9:00 PM 8:30 - 9:15 pm 9:30 PM **THURSDAY** GYM1&2 GYM3 STUDIO A STUDIO B MULTI PURPOSE A MULTIPURPOSE B LAP POOL LEISURE POOL 6:00 AM Lane Swim 6:30 AM 6:00 - 8:15 am 7:00 AM 7:30 AM Divided Open Gym (All Ages) 8:00 AM 7:00 - 9:30 am 8:30 AM Aqua Fit 8·30-9·15 am Cycle Fit 9:00 AM 9:15 - 10:00 am 9:30 AM **Yoga** 9:30 - 10:30 am 10:00 AM Strength & Conditioning Open Swim 9:30-10:45 10:15 - 11:00 am 10:30 AM Lane Swim Splashers 11:00 AM 11:00 - 12:00 pm 9:30-12:45 pm Gentle Fit 11:30 AM 11:30 - 12:15 pm Open Swim 12:00 PM 12:00-12:45 pm 12:30 PM Agua Fit 1:00 PM **Pickleball** 1:00 - 1:45 pm **Balance Plus** 1:30 PM 12:30 - 3:00 pm 1:00-2:00 pm Lane Swim 2:00 PM 2:00 - 2:45 pm Open Swim 2:30 PM 2:00 -3:45 pm Lane/Open Swim 3:00 PM Divided Open Gym 2:45-3:45 pm (All Ages) 3:30 PM 3:15 - 4:45 pm 4:00 PM 4:30 PM 5:00 PM Floor Hockey (Ages 7-10) Swim Lessons Swim Lessons 5:30 PM 5:15 pm - 6:15 pm 4:00 - 7:30 pm 4:00 - 7:30 pm 6:00 PM Cycle & Strength YMCA STEAM (Ages 3-5) 6:00 - 7:00 pm 5:45-6:30 pm 7:00 PM Pilates Infusion YMCA STEAM (Ages 6-12) 7:00 - 7:45 pm Y-Climb (Ages 6-12) Master Swim Open Swim 7:30 PM 7:45-8:45 7:45 -8:45 8:00 PM 8:30 PM Lane Swim 8:45 pm - 9:15 pm 9:00 PM 9:30 PM **Registered Programs** Registered Child and Youth Programs

FRIDAY										
	GYM1&2	GYM 3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL		
6:00 AM	Strength an	/ CLASS! nd Conditioning					Lane Swim / Community Rental			
6:30 AM 7:00 AM	6:10-6:55 am						6:00 - 7:00 am Lane Swim			
7:30 AM	Open Gym (All Ages)						7:00 - 8:15 am			
8:00 AM	7:15 - 8:45 am						Aqua Fit			
8:30 AM 9:00 AM	Body Fit						8:30 - 9:15 am			
9:30 AM 10:00 AM	9:15-10:00 am			Yoga 9:30 - 10:30 am						
10:30 AM	Zumba 10:15-11:15 am			7150 TOISCUIT			Lane Swim 9:30- 12:45 pm	Open Swim 9:30 - 12:45		
11:00 AM 11:30 AM										
12:00 PM	Walk Fit 11:30 - 12:15 pm									
12:30 PM 1:00 PM							Aqua Fit			
1:30 PM		: kleball - 3:00 pm					1:00 - 1:45 pm			
2:00 PM 2:30 PM							Lane Swim	Open Swim		
3:00 PM							2:00 - 3:45 pm	2:00 - 3:45 pm		
3:30 PM 4:00 PM										
4:00 PM										
5:00 PM										
5:30 PM 6:00 PM		l Open Gym I Ages)					Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm		
6:30 PM		-9:00 pm								
7:00 PM										
7:30 PM 8:00 PM										
8:30 PM							- Lane Swim 8:15 - 9:15 pm			
9:00 PM				SATURD/	AY					
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSEB	LAPPOOL	LEISURE POOL		
8:00 AM							Lane Swim			
8:30 AM 9:00 AM	Soccer Level	1 (Ages 3-5)					8:00-8:45			
	9:00-9		Cycle Fit 9:15 - 10:00 am				_			
9:30 AM 10:00 AM	Soccer Level	2 (Ages 6-12)			STEAM (A	ges 3-5)				
10:30 AM	Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am		NEW TIME!	Yin Yoga	10:15-11:00 am		Swim Lessons	Swim Lessons		
11:00 AM			ViPR (pre-register) 10:15-11:00 am	10:15 - 11:15 am			9:00 - 1:00 pm	9:00 - 1:00 pm		
11:30 AM										
12:00 PM 12:30 PM	Birthday Pa 12:00 - 1	i rty 1 Rental 1:00 pm			- Rinthday Par	ty 1 Pontal				
1:00 PM					Birthday Party 1 Rental 12:00-2:00 pm					
1:30 PM	Divided C	pen Gym Ages)					Open Swim 1:15 -2:45 pm			
2:00 PM		30 pm					· ·	Open Swim 1:15 - 5:15		
2:30 PM 3:00 PM	Righday	rty 2 Reptal						Birthday Parties		
3:00 PM 3:30 PM	Birthday Party 2 Rental 3:00 - 4:00 pm Divided Open Gym (All Ages)				Birthday Par		Shared Lane / Open Swim 2:15-5:15 pm	3:00-4:00 pm		
4:00 PM 4:30 PM					3:00-5:0	υpm				
5:00 PM	4:15-5:						Pool Closes at 5:15pm			
				SUNDA						
9.00.444	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL Lane Swim	LEISURE POOL		
8:00 AM 8:30 AM							8:00 - 8:45 am			
9:00 AM		Conditioning 0:00 am								
9:30 AM 10:00 AM		5.55 u.i.	TRX							
10:30 AM	Family P	Pickleball 1:30 am	10:15 - 11:00 am				Swim Lessons	Swim Lessons 9:00 - 1:00 pm		
11:00 AM 11:30 AM	10:50 - 1	1.50 dili					9:00 - 1:00 pm	9.00 - 1.00 βΠ		
12:00 PM										
12:30 PM 1:00 PM	Divided Open Gym (All Ages) 12:00 - 3:30 pm				<u> </u>		- Shared Lane/Open Swim			
1:30 PM 2:00 PM							1:15-2:30 pm	Open Swim		
2:00 PM 2:30 PM							Open Swim	1:15 - 3:45 pm		
3:00 PM 3:30 PM							2:30 - 3:45 pm			
4:00 PM							Pool Closes a	t 3:45 pm		
	Registered Programs Registered Child and Youth Programs Drop in Recreational Programs									
Drop In Group Fitness Open Swims (Lap or Leisure)										



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.

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 children or 1 adult per 4 children if <u>all children</u> are in life jackets.

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 <u>all children</u> are in life jackets.

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
- 905-690-3555