



Flamborough Family YMCA - Schedule at a Glance

September 3, 2024 to December 22, 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 - 8:15 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	Body Fit 9:15 - 10:00 am								
9:30 AM			TRX 9:30-10:15						
10:00 AM	Open Gym (All Ages) 10:15 - 11:15 am		Yoga for Strength 10:30 - 11:30 am				Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 10:45	
10:30 AM								Splashers 11:00 - 12:00 pm	
11:00 AM								Open Swim 12:00-12:45 pm	
11:30 AM	Walk Fit 11:30 - 12:15 pm								
12:00 PM									
12:30 PM							Hydrotherapy 1:00 - 1:45 pm		
1:00 PM	Divided Open Gym (all ages) 12:45 pm - 6:30 pm						Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45 pm	
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM							Community Rental 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			Hatha Yoga 7:00 - 8:00 pm	Karate (Volunteer Instructor Class) 7:00 - 7:45 pm				
7:30 PM									
8:00 PM									
9:00 PM							Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm	
8:30 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 6:00 - 8:15 am	
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:30 AM								
8:00 AM								
8:30 AM							Aqua Fit 8:30 - 9:15 am	
9:00 AM			Cycle Fit 9:15 - 10:00 am					
9:30 AM				Barre and Tone 9:30 - 10:15am				
10:00 AM	Muscle Fit 10:15-11:00 am						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
10:30 AM								
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm			NEW CLASS! Baby & Me 11:30-12:15pm				
12:00 PM								
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:00 PM						Balance Plus 1:00-2:00 pm		
1:30 PM								
2:00 PM								
2:30 PM							Lane Swim 2:00-3:45	Open Swim 2:00 - 3:45
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Dodge Ball (Ages 8-12) 5:15 pm - 6:15 pm					Brain Builders (Ages 3-5) 5:30-6:15 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM								
6:00 PM	Strength and Conditioning (Ages 6 - 12) 6:30 - 7:30 pm					Brain Builders (Ages 6-12) 6:30-7:30pm		
6:30 PM								
7:00 PM								
7:30 PM			TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm			Master Swim 7:45-8:45	Open Swim 7:45 - 8:45
8:00 PM								
8:30 PM							Lane Swim 8:45 pm - 9:15 pm	
9:00 PM								

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

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 - 8:15 am	
6:30 AM								
7:00 AM								
7:30 AM	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		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			Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
10:30 AM								
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM	Divided Open Gym (all ages) 12:45 - 4:30 pm						Hydrotherapy 1:00 - 1:45 pm	
1:00 PM								
1:30 PM								
2:00 PM							Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45
2:30 PM								
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						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		Zumba Step 6:30-7:00pm	Queenax - Fitness Floor* 6:30-7:15pm				
6:30 PM								
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 pm - 8:15pm	NEW FORMAT! Yang/Yin Yoga 7:00-8:00 pm			NEW CLASS! Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45
7:30 PM								
8:00 PM								
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 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:30 AM								
8:00 AM								
8:30 AM							Aqua Fit 8:30 - 9:15 am	
9:00 AM			Cycle Fit 9:15 - 10:00 am	Yoga 9:30 - 10:30 am				
9:30 AM								
10:00 AM	Strength & Conditioning 10:15 - 11:00 am						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 10:45
10:30 AM								
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm							Splashes 11:00 - 12:00 pm
12:00 PM								Open Swim 12:00-12:45 pm
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:00 PM								
1:30 PM						Balance Plus 1:00-2:00 pm	Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45 pm
2:00 PM								
2:30 PM							Lane/Open Swim 2:45-3:45 pm	
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Basketball Level 1 (Ages 6-9) 5:15 - 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			Cycle & Strength 6:00 - 7:00 pm			YMCA STEAM (Ages 3-5) 5:45-6:30 pm		
6:30 PM	Basketball Level 2 (Ages 6-9) 6:30 - 7:30 pm							
7:00 PM				Pilates Infusion 7:00 - 7:45 pm		YMCA STEAM (Ages 6-12) 6:45-7:45 pm		
7:30 PM	Basketball Level 2 & 3 (Ages 10-12) 7:45-8:45 pm						Master Swim 7:45-8:45	Open Swim 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

Drop In Group Fitness

Registered Child and Youth Programs

Open Swims (Lap or Leisure)

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	NEW CLASS! Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 7:00 am	
6:30 AM								
7:00 AM		Open Gym (All Ages) 7:15 - 8:45 am					Lane Swim 7:00 - 8:15 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				
10:00 AM	Zumba 10:15-11:15 am							
10:30 AM								
11:00 AM							Lane Swim 9:30- 12:45 pm	Open Swim 9:30 - 12:45
11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM								
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:00 PM								
1:30 PM								
2:00 PM							Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
2:30 PM								
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm							
4:00 PM								
4:30 PM								
5:00 PM								
5:30 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								

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	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am		Cycle Fit 9:15 - 10:00 am		Artventures (Ages 6-12) 9:00 am - 10 am		Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
9:30 AM								
10:00 AM	Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am			Yin Yoga 10:15 - 11:15 am	Tiny Tots (Ages 3 - 5) 10:15 am - 11:00 am			
10:30 AM			NEW TIME! VIPR (pre-register) 10:15-11:00 am					
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								
1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 1:15 - 2:45 pm	
2:00 PM								Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm
2:30 PM								
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm					Birthday Party 2 Rental 3:00-5:00 pm	Shared Lane /Open Swim 2:15-5:15 pm	
3:30 PM								
4:00 PM	Divided Open Gym (All Ages) 4:15- 5:15 pm							
4:30 PM								
5:00 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						Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
9:30 AM								
10:00 AM			TRX 10:15 - 11:00 am					
10:30 AM	Family Pickleball 10:30 - 11:30 am							
11:00 AM								
11:30 AM								
12:00 PM	Divided Open Gym (All Ages) 12:00 - 3:30 pm							
12:30 PM								
1:00 PM								
1:30 PM							Shared Lane/Open Swim 1:15 - 2:30 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 Registered Child and Youth Programs

Drop In Group Fitness Open Swims (Lap or Leisure)

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 (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 all children 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 all children 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