

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

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MONDAY									
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM									
6:30 AM			NEW CLASS!				Lane Swim		
			Cycle Fit				6:00-8::15 am		
7:00 AM	Pickle	ball	6:30-7:15 am						
7:30 AM	7:00 - 8:4	l5 am							
8:00 AM							A F '4		
8:30 AM							Aqua Fit 8:30 - 9:15 am		
9:00 AM	Body 9:15 - 10:1						0.30-9.13 am		
9:30 AM			TRX 9:30-10:15					0	
10:00 AM	Open (Open Swim 9:30-10:45	
10:30 AM	(All Ag 10:15 - 11		Yoga for Strength 10:30 - 11:30 am				Lane Swim 9:30- 12:45 pm		
11:00 AM	Walk							Splashers 11:00 - 12:00 pm	
11:30 AM	11:30 - 12							Open Swim	
12:00 PM 12:30 PM	11.50 12	.15 pm						12:00-12:45 pm	
12:50 PM 1:00 PM							Hydrotherapy	12100 12110 pm	
1:30 PM							1:00 - 1:45 pm		
2:00 PM							Lane Swim		
2:30 PM							2:00 - 2:45 pm	Open Swim	
3:00 PM	Divided Op	en Gvm					Community Rental	2:00-3:45 pm	
3:30 PM	(all ag						2:45-3:45 pm		
4:00 PM	12:45 pm -	6:30 pm							
4:30 PM									
5:00 PM			Zumba Kids JR (Ages 3-5)		Karate Fundamen		Suring Lossons	Swim Lessons	
5:30 PM			5:15 pm - 6:00pm		5:00 - 5:45 pm Karate Advanced (Ages 6 - 12)		Swim Lessons 4:00 - 7:30 pm	4:00 - 7:30 pm	
6:00 PM			Zumba Kids (Ages 6-12)						
6:30 PM			6:15 pm - 7:00pm		6:00-6:45 pm				
7:00 PM	Zum	ha		Hatha Yoga	Karate (Volunteer Instructor Class)				
7:30 PM	7:15 pm - 8			7:00 - 8:00 pm	7:00-74	5pm			
8:00 PM	•	•					Lane Swim	Open Swim	
9:00 PM							7:45-9:15	7:45-8:45 pm	
8:30 PM									
9:30 PM				TUESDA	Y				
	GYM1&2	GYM3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6.00 414	Gimital		STODIOA	51051015			241002		
6:00 AM 6:30 AM							Lane Swim		
7:00 AM							6:00-8:15 am		
7:30 AM	Divided	l Open Gym							
8:00 AM		I Ages)							
8:30 AM		-9:30 am					Aqua Fit		
9:00 AM			Cycle Fit				8:30-9:15 am		
9:30 AM			9:15 - 10:00 am	Barre and Tone					
10:00 AM	Mu	iscle Fit		9:30 - 10:15am					
10:30 AM		-11:00 am							
11:00 AM							Lane Swim	Open Swim	
11:30 AM		ntle Fit		NEW CLASS!			9:30-12:45 pm	9:30-12:45	
		n tie Fit - 12:15 pm		Baby & Me					
12:00 PM	0.11	.2.13 pm		11:30-12:15pm					
12:30 PM									
1:00 PM	Pic	kleball					Aqua Fit		
1:30 PM		- 3:00 pm			Balance 1:00 2:		1:00 - 1:45 pm		
2:00 PM					1:00-2:	oopm	I and Calify	Oran C. in	
2:30 PM	D: 11	Onon Cirro					Lane Swim 2:00-3:45	Open Swim 2:00-345	
3:00 PM 3:30 PM		l Open Gym I Ages)					2.00-3.43	2.00-345	
4:00 PM		- 4:45 pm							
4:00 PM									
4.50 PIVI									

4:30 PM Brain Builders (Ages 3-5) 5:00 PM Dodge Ball (Ages 8-12) 5:30-6:15 pm 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 **NEW CLASS!** Brain Builders (Ages 6-12) Boot Camp Strength and Conditioning (Ages 6 - 12) 6:30-7:30pm 6:00-6:45 6:30 PM 6:30-7:30 pm 7:00 PM TRX **Yoga** 7:00 - 8:00 pm 7:00 - 7:45 pm 7:30 PM Master Swim Open Swim 7:45-8:45 8:00 PM 7:45 -8:45 8:30 PM Lane Swim 8:45 pm - 9:15 pm 9:00 PM

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

WEDNESDAY									
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM		CLASS!							
6:30 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental		
7:00 AM							6:00 - 8:15 am		
7:30 AM		leball							
8:00 AM	7:15-8	3:45 am							
8:30 AM							Aqua Fit		
9:00 AM	HIIT						8:30 - 9:15 am		
9:30 AM	9:15-1	0:00 am	CORE FIT 9:30-10:00 am						
10:00 AM		nGym							
10:30 AM		Ages)		Yoga				Open Swim 9:30-12::45	
11:00 AM		11:15 am		10:30-11:30 am			Lane Swim		
11:30 AM		lk Fit					9:30- 12:45 pm		
12:00 PM	11:30 - 1	12:15 pm							
12:30 PM									
1:00 PM							Hydrotherapy		
1:30 PM							1:00 - 1:45 pm		
2:00 PM		Open Gym					Lane Swim		
2:30 PM		ages) 4:30 pm					2:00 - 2:45 pm Community Rental 2:45-3:45 pm	Open Swim 2:00 -3:45	
3:00 PM	12.45*	4.50 pm							
3:30 PM							2.43-3.45 pm		
4:00 PM									
4:30 PM 5:00 PM	Karate Fundame	entals (Ages 6 - 12)							
		5:45 pm					Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	
5:30 PM		<u> </u>							
6:00 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm								
6:30 PM			Zumba Step 6:30-7:00pm	Queenax - Fitness Floor* 6:30-7:15pm					
7:00 PM	Karate Advanced (Ages 6 - 12)			NEW FORMAT! Yang/Yin Yoga					
7:30 PM	7:00 - 7:45 pm		Zumba				NEW CLASS! Aqua Blast	Open Swim	
			7:15 pm - 8:15pm	7:00-8:00 pm					
8:00 PM							7:40-8:25 pm	7:45 -8:45	
8:30 PM							Lane Swim		
9:00 PM							8:30-9:15 pm		
9:30 PM									

THURSDAY									
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSEB	LAP POOL	LEISURE POOL	
6:00 AM									
6:30 AM							Lane Swim		
7:00 AM							6:00 - 8:15 am		
7:30 AM	Divided Open Gym								
8:00 AM		Ages)							
8:30 AM	7:00-9:30 am		C als Fit				Aqua Fit 8:30 - 9:15 am		
9:00 AM			Cycle Fit 9:15 - 10:00 am	Yoga			0.00-9.10 dill		
9:30 AM 10:00 AM	Cturen with Q (Conditioning	5.15 10.00 um	9:30 - 10:30 am				Open Swim	
		11:00 am		7.50 T0.50 am				9:30-10:45	
10:30 AM	10115								
11:00 AM 11:30 AM	Gen	tle Fit					Lane Swim 9:30- 12:45 pm	Splashers 11:00 - 12:00 pm	
12:00 PM		12:15 pm					·	Open Swim	
12:30 PM	-							12:00-12:45 pm	
1:00 PM							Aqua Fit 1:00 - 1:45 pm		
1:30 PM		leball			Balance Plus				
2:00 PM	12:30-	3:00 pm				1:00-2:00 pm			
2:30 PM							Lane Swim 2:00-2:45 pm Open 5	Open Swim	
3:00 PM	Divided (Dpen Gym					Lane/Open Swim	2:00-3:45 pm	
3:30 PM		Ages)					2:45-3:45 pm		
4:00 PM	3:15-4:45 pm								
4:30 PM									
5:00 PM	Backethall I evel 1 (Ages 6-	Basketball Level 1 (Ages 3-							
5:30 PM	9)	5)					Swim Lessons	Swim Lessons	
6:00 PM	5:15 -6:15 pm	5:15 -6:00 pm	Cycle & Strength		YMCA STEAN	A (Ages 3-5)	4:00 - 7:30 pm	4:00 - 7:30 pm	
	Basketball Level 2 (Ages 6-9) 6:30 -7:30 pm		6:00 - 7:00 pm		5:45-6:30 pm				
6:30 PM									
7:00 PM				Pilates Infusion		YMCA STEAM (Ages 6-12) 6:45-7:45 pm Master Swim			
7:30 PM	Basketball Level 2 & 3 (Ages 10-12) 7:45-8:45 pm			7:00 - 7:45 pm	6:45-7:4			Open Swim	
8:00 PM							7:45-8:45	7:45 -8:45	
8:30 PM							Lane Swim		
9:00 PM							8:45 pm - 9:15 pm		
9:30 PM									

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

				FRIDA	í -			
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM		V CLASS!					Lane Swim / Community	
		nd Conditioning					Rental	
6:30 AM	6:10	1-6:55 am					6:00 - 7:00 am	
7:00 AM		en Gym					Lane Swim 7:00 - 8:15 am	
7:30 AM	(All Ages) 7:15 - 8:45 am						7.00-0.13 dill	
8:00 AM	7.13	0.45 am					A au a Cit	
8:30 AM 9:00 AM	B	ody Fit					Aqua Fit 8:30 - 9:15 am	
9:00 AM 9:30 AM	9:15-10:00 am			Yoga			0.50 5.15 411	
10:00 AM				9:30 - 10:30 am				
10:30 AM	- Zumba - 10:15-11:15 am							
11:00 AM	10.15-11.15 am						Lane Swim	Open Swim 9:30-12:45
11:30 AM	N	/alk Fit				9:30-12:45 pm		
12:00 PM	11:30	- 12:15 pm						
12:30 PM								
1:00 PM	Pie	ckleball					Aqua Fit	
1:30 PM)-3:00 pm					1:00 - 1:45 pm	
2:00 PM							Lane Swim	Open Swim
2:30 PM							2:00 - 3:45 pm	2:00 - 3:45 pm
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								Private Swim Lesson
5:00 PM								
5:30 PM	Divideo	d Open Gym					Private Swim Lesson	
6:00 PM	(A	ll Ages)					4:00 pm - 8:00 pm	4:00 pm - 8:00 pm
6:30 PM	3:15	-9:00 pm						
7:00 PM							-	
							-	
7:30 PM 8:00 PM							Lane Swim	
8:30 PM								
9:00 PM							8:15 - 9:15 pm	
				SATURD	AY			
	GYM1&2	GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
0.00.444	GIMITAZ		STODIOA	31001018	MOLITFORFOJEA	MOLTIFORFOSED		LEISURE FOOL
8:00 AM							Lane Swim 8:00 -8:45	
8:30 AM	Coccord out							
9:00 AM		 1 (Ages 3-5) 9:45 am	Cycle Fit		Artventures			
9:30 AM			9:15 - 10:00 am		9:00 am -	-10 am		
10:00 AM	Soccer Leve	2 (Ages 6-12)			Tiny Tots (/	Ages 3-5)		
10:30 AM		11:00 am	NEW TIME!	Yin Yoga	Tiny Tots (Ages 3-5) 10:15 am - 11:00 am			Swim Lessons
			ViPR (pre-register)	10:15 - 11:15 am			Swim Lessons	9:00 - 1:00 pm
11:00 AM			10:15-11:00 am				9:00 - 1:00 pm	side neepin
11:30 AM								
12:00 PM	Birthday Pa	arty 1 Rental						
12:30 PM		1:00 pm			 Birthday Par	Birthday Party 1 Rental		
					12:00-2			
1:00 PM	Divided) Dpen Gym					Open Swim	
1:30 PM		Ages)					1:15 -2:45 pm	
2:00 PM		2:30 pm						Open Swim
2:30 PM								1:15 - 5:15 Dista day Destina
3:00 PM	Birthday Pa	arty 2 Rental						Birthday Parties 3:00- 4:00 pm
3:30 PM		4:00 pm			 Birthday Par	rty 2 Rental	Shared Lane /Open Swim 2:15-5:15 pm	5.00 1.00 pm
4:00 PM	Divided (Open Gym			3:00-5:0	00 pm	2.15 5.15 pm	
4:30 PM		Ages)						
5:00 PM		5:15 pm					Pool Closes a	t5:15pm
				SUNDA	Y			
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
9.00 414	Jimitetz	Gimb	STODICA	5100100	moent onrogen	moenr onr OSED	Lane Swim	
8:00 AM							8:00 - 8:45 am	
8:30 AM	Ctron ath 9	Conditioning					Sine and	
9:00 AM		0:00 am						
9:30 AM			TRX					
10:00 AM 10:30 AM	Family Pickleball 10:30 - 11:30 am		10:15 - 11:00 am				-	Swim Lessons
11:00 AM					1			9:00 - 1:00 pm
					1		9:00 - 1:00 pm	
11:30 AM 12:00 PM		<u> </u>						
12:30 PM								
1:00 PM					1			
1:30 PM		Open Gym			1		Shared Lane/Open Swim	Open Swim 1:15-3:45 pm
2:00 PM		Ages) 3:30 pm			1		1:15-2:30 pm	
2:30 PM	12.00=	5.55 pm					Open Swim	
3:00 PM							2:30-3:45 pm	
3:30 PM								
4:00 PM							Pool Closes at	3:45 pm
Regist	tered Programs	Registered Ch	ild and Youth Progra	ms	in Pocreational De-	arame		
Drop	In Group Fitness	Open Swims (Lap or Leisure)	лор	in Recreational Prog	granis		



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</u> <u>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