



Flamborough Family YMCA - Schedule at a Glance

January 6, 2025 to March 31, 2025

SUNDAY							
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL
8:00 AM							Lane Swim 8:00 - 8:45 am
8:30 AM			New Class! Cycle Fit 8:45am - 9:45 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
11:00 AM							Swim Lessons 9:00 - 1:00 pm
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Divided Open Gym (All Ages) 12:00 - 3:30 pm						Lane/Open Swim 1:15 - 2:30 pm
2:00 PM							Open Swim 1:15 - 3:45 pm
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							Pool Closes at 3:45 pm

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.

SPRING REGISTRATION DATES - Child and Youth LAND PROGRAMS

Session	Start to End	Registration Opens	Members	Non-Members
Spring 1 8 weeks	March 3 - May 4	February 10		February 17
Spring 2 8 Weeks	May 5 - June 29	April 14		April 21
Summer 8 Weeks	June 30 - August 24	June 9		June 16
Karate Spring 11 weeks	April 7 - June 22	March 18		March 25

Session	Start to End	Registration Opens
Spring 11 Weeks	April 7 - June 22	March 31
Summer 8 Weeks	June 30 - August 24	June 23

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

MONDAY								
	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								
7:30 AM			Pickleball 7:00 - 8:45 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								
10:00 AM								Open Swim 9:30 - 10:45
10:30 AM			Open Gym (All Ages) 10:15 - 11:15 am				Lane Swim 9:30 - 12:45 pm	Splashes 11:00 - 12:00 pm
11:00 AM								Open Swim 12:00 - 12:45 pm
11:30 AM			WalkFit 11:30 - 12:15 pm					
12:00 PM								
12:30 PM								
1:00 PM							Hydrotherapy 1:00 - 1:45 pm	
1:30 PM								
2:00 PM							Lane Swim 2:00 - 2:45 pm	
2:30 PM								Open Swim 2:00 - 3:45 pm
3:00 PM			Divided Open Gym (all ages) 12:45 pm - 6:30 pm				Community Rental 2:45 - 3:45 pm	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM			Zumba Kids JR (Ages 3-5) 5:15 pm - 6:00 pm				Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM			Zumba Kids (Ages 6-12) 6:15 pm - 7:00 pm					
6:30 PM								
7:00 PM								
7:30 PM			Zumba 7:15 pm - 8:15 pm					
8:00 PM								
9:00 PM								
8:30 PM							Lane Swim 7:45 - 9:15	Open Swim 7:45 - 8:45 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							Lane Swim 6:00 - 8:15 am	
6:30 AM								
7:00 AM								
7:30 AM			Divided Open Gym (All Ages) 7:00 - 9:30 am					
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM								
9:00 AM								
9:30 AM			Cycle Fit 9:15 - 10:00 am					
10:00 AM								
10:30 AM			MuscleFit 10:15 - 11:00 am					
11:00 AM								
11:30 AM			Gentle Fit 11:30 - 12:15 pm				Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
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								
2:00 PM							Lane Swim 2:00 - 3:45	Open Swim 2:00 - 3:45
2:30 PM								
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			Soccer Level 1 (Ages 6-12) 5:15 - 6:15 pm					
5:30 PM			Soccer Level 1 (Ages 3-5) 5:30 - 6:15 pm				Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
6:00 PM								
6:30 PM			Y-Climb (Ages 6-12) 6:30 - 7:30 pm					
7:00 PM								
7:30 PM								
8:00 PM			Y-Climb Advanced (Ages 6-12) 7:45 - 8:45 pm					
8:30 PM							Master Swim 7:45 - 8:45	Open Swim 7:45 - 8:45
9:00 PM							Lane Swim 8:45 pm - 9:15 pm	

Registered Programs (Pink)
Drop In Group Fitness (Light Blue)
Registered Child and Youth Programs (Dark Pink)
Open Swims (Lap or Leisure) (Light Green)
Drop in Recreational Programs (Light Cyan)

WEDNESDAY								FRIDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		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		6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 7:00 am		
6:30 AM									6:30 AM									
7:00 AM	Pickleball 7:15 - 8:45 am								7:00 AM	Open Gym (All Ages) 7:15 - 8:45 am						Lane Swim 7:00 - 8:15 am		
7:30 AM									7:30 AM									
8:00 AM									8:00 AM									
8:30 AM							Aqua Fit 8:30 - 9:15 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						9:00 AM	Body Fit 9:15-10:00 am								
9:30 AM										9:30 AM					Yoga 9:30 - 10:30 am			
10:00 AM	Open Gym (All Ages) 10:15 - 11:15 am					Yoga 10:30 - 11:30 am			10:00 AM	Zumba 10:15-11:15 am								
10:30 AM									10:30 AM									
11:00 AM	Walk Fit 11:30 - 12:15 pm					New Class! Chair Yoga 11:45 - 12:30 pm	Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45	11:00 AM	Walk Fit 11:30 - 12:15 pm						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45	
11:30 AM										11:30 AM								
12:00 PM									12:00 PM									
12:30 PM	Divided Open Gym (all ages) 12:45 - 4:30 pm						Hydrotherapy 1:00 - 1:45 pm		12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm		
1:00 PM									1:00 PM									
1:30 PM								Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45	1:30 PM								
2:00 PM								Community Rental 2:45-3:45 pm		2:00 PM							Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
2:30 PM										2:30 PM								
3:00 PM									3:00 PM									
3:30 PM									3:30 PM									
4:00 PM									4:00 PM									
4:30 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	5:00 PM							Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm	
5:30 PM										5:30 PM								
6:00 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm			Queenax - Fitness Floor* 6:30-7:15pm					6:00 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm								
6:30 PM									6:30 PM									
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 pm - 8:15pm	Yang/Yin Yoga 7:00-8:00 pm			Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45	7:00 PM									
7:30 PM									7:30 PM									
8:00 PM							Lane Swim 8:30 - 9:15 pm		8:00 PM							Lane Swim 8:15 - 9:15 pm		
8:30 PM									8:30 PM									
9:00 PM							Pool Closes at 9:15 pm		9:00 PM							Pool Closes at 9:15 pm		

THURSDAY								SATURDAY										
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		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		8:00 AM							Lane Swim 8:00 - 8:45		
6:30 AM									8:30 AM									
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am								9:00 AM	Soccer Level 2 (Ages 6-12) 9:00 - 10:00 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 - 10:00 am	Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
7:30 AM									9:30 AM									
8:00 AM									10:00 AM	Y-Climb (Ages 6-12) 10:15 - 11:15 am					Art Spark (Ages 3-5) 10:15 - 11:00 am			
8:30 AM			Cycle Fit 9:15 - 10:00 am				Aqua Fit 8:30 - 9:15 am		10:30 AM			ViPR (pre-register) 10:15-11:00 am	Yin Yoga 10:15 - 11:15 am			Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
9:00 AM	Strength & Conditioning 10:15 - 11:00 am			Yoga 9:30 - 10:30 am				Open Swim 9:30 - 10:45	11:00 AM									
10:00 AM									11:30 AM									
10:30 AM							Lane Swim 9:30 - 12:45 pm	Splashers 11:00 - 12:00 pm	12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm					Birthday Party 1 Rental 12:00 - 2:00 pm			
11:00 AM								Open Swim 12:00 - 12:45 pm	12:30 PM									
11:30 AM	Gentle Fit 11:30 - 12:15 pm								1:00 PM							Open Swim 1:15 - 2:45 pm		
12:00 PM									1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 pm								
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm		2:00 PM									
1:00 PM									2:30 PM									
1:30 PM									3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm					Birthday Party 2 Rental 3:00-5:00 pm		Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
2:00 PM									3:30 PM									
2:30 PM							Lane/Open Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm	4:00 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm						Lane / Open Swim 2:15 - 5:15 pm		
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm								4:30 PM									
3:30 PM									5:00 PM							Pool Closes at 5:15pm		
4:00 PM									FACILITY HOURS									
4:30 PM									Monday - Friday: 6:00 am - 9:30 pm									
5:00 PM	Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball Lvl 1 (Ages 3-5) 5:15 pm - 6:00 pm							Saturday: 8:00 am - 5:30 pm									
5:30 PM									Sunday: 8:00 am - 4:00 pm									
6:00 PM			Cycle & Strength 6:00 - 7:00 pm						Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)									
6:30 PM	Basketball Lvl 2 (Ages 6-9) 6:30 - 7:30 pm								Sauna & Whirlpool are closed during Swim Lessons. Pool closes 15 minutes before facility closure.									
7:00 PM			Back to Living Well - Fitness Floor* 7:00 - 8:00 pm	Pilates Infusion 7:00 - 7:45 pm														
7:30 PM	Basketball Lvl 3 (Ages 9-12) 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							Pool Closes at 9:15 pm											

Registered Programs
Registered Child and Youth Programs
Drop In Recreational Programs