SUNDAY Flamborough Family YMCA - Schedule at a Glance LEISURE POOL MULTI PURPOSE A MULTIPURPOSE B LAP POOL Lane Swim

GYM1&2

GYM 3

STUDIO A

STUDIO B

	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	-		J						
8:00 AM 8:30 AM			New Class!		+	LN	Lane Swim 8:00 - 8:45 am	<u>بــــــــــــــــــــــــــــــــــــ</u>	January 6, 2025 to March 31, 2025								
9:00 AM	Strength & Con		Cycle Fit 8:45am - 9:45 am			1							MONDA	Y			
9:00 AM 9:30 AM	9:15 - 10:00			I		+				GYM1&2	GYM3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULITPURPOSE B	LAPPOOL	O LEISURE POOL
10:00 AM 10:30 AM	Family Pickl	eball	TRX 10:15 - 11:00 am			l	Swim Lessons	Swim Lessons	6:00 AM							-	
10:30 AM 11:00 AM	Family Pickl 10:30 - 11:30				<u> </u>	+	Swim Lessons 9:00 - 1:00 pm	9:00 - 1:00 pm	6:30 AM		_	Cycle Fit				Lane Swim	
11:30 AM 12:00 PM			I			I			7:00 AM	Pickleb		6:30-7:15 am	ļ	_		6:00 - 8::15 am	ļ
12:30 PM			<u>+</u>		<u>+</u>	+			7:30 AM 8:00 AM	7:00-8:4		L,	<u> </u>		<u> </u>		
1:00 PM 1:30 PM	Divided Oper				+	L	Lane/Open Swim		8:30 AM							Aqua Fit 8:30 - 9:15 am	
2:00 PM	(All Age 12:00 - 3:30	ies) 1pm	۹ <u></u>		1	t	1:15-2:30 pm	Open Swim 1:15 - 3:45 pm	9:00 AM 9:30 AM	Body I 9:15 - 10:0		TRX	+			0:50-9:15 am	
2:30 PM 3:00 PM			۲ <u> </u>		<u> </u>	L	Open Swim 2:30 - 3:45 pm		10:00 AM	Open G	ıGym	9:30-10:15					Open Swim
3:30 PM					+		2:30 - 3:45 pm Pool Closes at	t 3:45 nm	10:30 AM 11:00 AM	, All Ag 10:15 - 11:	iges)	Yoga for Strength 10:30 - 11:30 am	↓			Lane Swim	9:30-10:45 Splashers
4:00 PM			SWI	IM ADMISSIO	N CRITERIA		Pool Closes		11:30 AM	Walk	kFit					2:30- 12:45 pm	11:00 - 12:00 pm
Thildren -	ages 0 – 6:								12:00 PM 12:30 PM	11:30 - 12:	2:15 pm	,					Open Swim 12:00-12:45 pm
An adult pa	parent or guardiar	ו (14 years of ace	e or older) must be	e in the water wi	vithin arms' reach, a	st all times. Ratio	1 adult per 2 child	ren or 1 adult	1:00 PM			·				Hydrotherapy	
per 4 childr	dren if <u>all children</u>	vare in life jacket.	ts.					uuul	1:30 PM 2:00 PM			,				1:00 - 1:45 pm	
	ages 7 – 9:								2:30 PM			·				Lane Swim 2:00 - 2:45 pm	Open Swim
Children at	at this age may att				A lifeguard. If they				3:00 PM 3:30 PM	Divided Ope (all age		,				Community Rental 2:45-3:45 pm	2:00-3:45 pm
parent or g	guardian (14 year	ars of age or older)	er) actively supervise	ses from the pool	ol deck. If they do no	not pass the test, a	an adult parent or g	guardian (14	4:00 PM	(all age 12:45 pm - 6	6:30 pm	·	<u> </u>			ла стории	
years of age life jackets.		be in the water,	, within arms' reaci	n, at all times. Ra	atio: 1 adult per 2 ch	niidren or 1 adul.	ر per 4 children if <u>د</u>	all children are in	1 4:30 PM			Zumba Kida ID (t		- Kerter	antak (Accor 6, 12)		
-								,	5:00 PM 5:30 PM			Zumba Kids JR (Ages 3-5) 5:15 pm - 6:00pm			nentals (Ages 6 - 12) 1- 5:45 pm	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
	d adults 10 years					1			6:00 PM			Zumba Kids (Ages 6-12) 6:15 pm - 7:00 pm	Back to Living Well		nced (Ages 6 - 12) 1- 6:45 pm	4:00 - 7:30 pm	4:00-7:30 pm
Youth and	d adults 10 years	and older are we.	elcome to use the k	oool, subject to t	their swimming abi	ilities.			6:30 PM 7:00 PM			6:15 pm - 7:00pm Hatha Yoqa	6:15 pm - 7:30 pm		eer Instructor Class)		
	he Facility Swim								7:00 PM 7:30 PM	Zumb 7:15 pm - 8		Hatha Yoga 7:15 - 8:15pm			eer Instructor Class))-745 pm		
To enter de	deep water and/or	or swim independe	dently, swimmers n	must:					8:00 PM	7.15pm						Lane Swim	Open Swim 7:45-8:45 pm
	comfort in the wa								9:00 PM 8:30 PM			- <u></u> ,	<u> </u>			7:45-9:15	, HJ CH J PM
			wl in shallow water.		6 •	•		1.11	9:30 PM								
				_A. At any time, l	lifeguards may ask f	r tor a demonstrat	tion of swimming a	ability if					TUESDA				
incy reel th	there is a question	or the participa	שוונש שמופוץ.							GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
		SPR	ING REGISTRATIO	N DATES - Child	d and Youth LAND I	PROGRAMS			6:00 AM 6:30 AM		I					Lane Swim	, ,
	Session		Start to End			Members	Non-Memb	'bers	7:00 AM							6:00-8:15 am	·
	Spring 1		March 3 - May 4		February 10		February 1		7:30 AM 8:00 AM	Divided Op (All A <u>c</u>	Ages)						
8	8 weeks				repruary 1				8:30 AM	7:00-9:3	9:30 am					Aqua Fit	
	Spring 2 8 Weeks		May 5 - June 29		April 14		April 21	1	9:00 AM 9:30 AM			Cycle Fit 9:15 - 10:00 am	Barre and Tone			8:30 - 9:15 am	· · · · · · · · · · · · · · · · · · ·
	8 Weeks Summer				· · ·				10:00 AM	Muscl		New Class!	9:30 - 10:15am			-	
8	8 Weeks		June 30 - August 24		June 9		June 16		10:30 AM	10:15-11:		Zumba Tone 10:15 - 11:15 am					
	Karate		April 7- June 22		March 18		March 25		11:00 AM							Lane Swim	Open Swim
Spri.	ring 11 weeks								11:30 AM	Gentle			Baby & Me			9:30- 12:45 pm	9:30-12:45
									12:00 PM	11:30 - 12	UII CI - SI		11:30-12:15pm		-	-	
									12:30 PM 1:00 PM		ball			<u> </u>		Aqua Fit	
				I			200		1:30 PM	Pickle 12:30 - 3:					ance Plus D-2:00 pm	1:00 - 1:45 pm	
	Session		Start to End			Registration	•		2:00 PM 2:30 PM					1:00		Lane Swim	Open Swim
	Spring 11 Weeks		April 7 - June 22			March 3	v31	1	3:00 PM	Divided Op (All Ac						2:00-3:45	2:00-345
									3:30 PM 4:00 PM	(All A <u>c</u> 3:15-4:4	45 pm						V
	Summer		June 30 - August 24			June 2	23	1	4:30 PM								
8 Weeks						5:00 PM	Soccer Level 1 (Ages 6-12)	Soccer Level 1 Ages 3-5)				EAM (Ages 3-5) 5-6:00 pm	Swim Lessons	Swim Lessons			
Flamborough Family YMCA							5:30 PM 6:00 PM	(Ages 6-12) Ages 3-5) 5:15 -6:15 pm 5:30 -6:15 pm		New Class!				4:00 - 7:30 pm	4:00 - 7:30 pm		
								Y-Climb (Ag		Boot Camp 6:00-6:45			EAM (Ages 6-12) 0-7:30 pm				
Q 20	(U/ Parks	alde Drive	e, Watera	nown, ON	N				6:30 PM 7:00 PM	6:30-7:3		TRX	Yoga				
	ambara	ah mami	bership@y	maahhh					7:30 PM	Y-Climb Advance	red (Ages 6-12)	7:00 - 7:45 pm	7:00 - 8:00 pm			Master Swim 7:45-8:45	Open Swim
			nersuib@`	ymcundt	u				8:00 PM 8:30 PM	7:45-8:4				<u> </u>	<u> </u>	Lane Swim	7:45 -8:45
(e) OI	905-690-3	3555							9:00 PM	Registered Programs		Registered	ed Child and Youth Progra	ams		8:45 pm - 9:15 pm	
- 1										Drop In Group Fitnes			ims (Lap or Leisure)		Drop in Recreational Pro	rograms	
											-	Open 3W.	. (or EcidUC)		-		



WEDNESDAY STUDIO A GYM1&2 GYM 3 STUDIO A STUDIO B MULTI PURPOSE A MULTIPURPOSE B LAP POOL LEISURE POOL GYM1&2 GYM 3 STUDIO 6:00 AM NEW CLASS! 6:00 AM Strength and Conditioning Strength and Conditioning Lane Swim / Community 6:10-6:55 am 6:10-6:55 am 6:30 AM 6.30 AM Rental 7:00 AM 6:00-8:15 am 7:00 AM Open Gym (All Ages) 7:15 - 8:45 am Pickleball 7:30 AM 7.30 AM 7:15-8:45 am 8.00 AM 8.00 AM 8:30 AM Aqua Fit 8:30-9:15 am 8:30 AM 9:00 AM HIIT Body Fit 9:15-10:00 am 9:15 - 10:00 am 9:00 AM CORE FIT 9:30 - 10:00 am 9:30 AM 9:30 AM 10:00 AM Open Gym (All Ages) 10.30 AM Yoga 10:30-11:30 am 10:00 AM Zumba 10:15 - 11:15 am 11:00 AM 10:30 AM Lane Swim Open Swim 10:15-11:15 am New Class! Chair Yoga 11:30 AM Walk Fit 9:30-12::45 9:30-12:45 pm 11:00 AM 11:30 - 12:15 pm 11:45 - 12:30 pm Walk Fit 11:30 AM 12.00 PM 11:30 - 12:15 pm 12:00 PM 12:30 PM 12:30 PM 1:00 PM Hydrotherapy 1:00 - 1:45 pm 1.30 PM 1:00 PM Pickleball 2:00 PM Lane Swim Divided Open Gym 1:30 PM 12:30 - 3:00 pm 2:00 - 2:45 pm 2:30 PM (all ages) Open Swim 2:00 PM 12:45 - 4:30 pm 2:00-3:45 3:00 PM Community Renta 2:30 PM 2:45-3:45 pm 3:30 PM 3.00 PM 4:00 PM 3:30 PM 4:30 PM 4:00 PM 5:00 PM Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm 4:30 PM 5:30 PM Swim Lessons 4:00 - 7:30 pm Swim Lessons 4:00 - 7:30 pm 5:00 PM 6:00 PM Karate Fundamentals (Ages 6 - 12) 5:30 PM Divided Open Gym Queenax - Fitness Floor 6:00-6:45 pm 6:30 PM 6:30-7:15pm (All Ages) 6:00 PM 3:15-9:00 pm 6:30 PM 7:00 PM Karate Advanced (Ages 6 - 12) Zumba Yang/Yin Yoga 7:00 - 7:45 pm 7:00 PM Aqua Blast 7:30 PM 7:00-8:00 pm 7:15 pm - 8:15 pm 7:40-8:25 pm Open Swim 7:30 PM 8.00 PM 7:45-8:45 8:00 PM Lane Swim 8:30-9:15 pm 8:30 PM 8:30 PM Pool Closes at 9:15 pm 9:00 PM 9:00 PM THURSDAY STUDIO B MULTI PURPOSE A GYM1&2 GYM 3 STUDIO A MULTIPURPOSE B LAP POOL LEISURE POOL GYM1&2 GYM3 STUDIO A 6:00 AM 8:00 AM 6:30 AM Lane Swim 8:30 AM 6:00-8:15 am 7:00 AM 9:00 AM Soccer Level 2 Soccer Level 1 (Ages 3-5) Cycle Fit 7:30 AM Divided Open Gym (Ages 6-12) 9:15 - 10:00 am 9:00 - 9:45 am (All Ages) 9:00 - 10:00 am 8.00 AM 9:30 AM 7:00-9:30 am 8:30 AM Aqua Fit 10:00 AM Y-Climb (Ages 6-12) 8:30-9:15 am 9:00 AM Cycle Fit 10:15-11:15 am 9:15 - 10:00 am ViPR (pre-register 9:30 AM 10:30 AM Yoga 9:30 - 10:30 am 10:15-11:00 am Strength & Conditioning 10:15 - 11:00 am 10:00 AM Open Swim 9:30-10:45 11:00 AM 10.30 AM 11:30 AM 11:00 AM Lane Swim Splashers 12:00 PM **Birthday Party 1 Rental** 9:30-12:45 pm 11:00 - 12:00 pn 11:30 AM Gentle Fit 12:00 - 1:00 pm 12:30 PM 11:30 - 12:15 pm 12:00 PM Open Swim 1:00 PM 12:00-12:45 pm 12:30 PM Divided Open Gym 1:30 PM (All Ages) 1:00 PM Aqua Fit Pickleball 1:15-2:30 pm 1:00 - 1:45 pm 2:00 PM 1:30 PM Balance Plus 12:30 - 3:00 pm 2:30 PM 1:00-2:00 pm 2:00 PM 3:00 PM **Birthday Party 2 Rental** 2:30 PM Lane/Open Swim Open Swim 3:00-4:00 pm 3:30 PM 2:00 - 3:45 pm 2:00-3:45 pm 3:00 PM Divided Open Gym 4:00 PM Divided Open Gym (All Ages) 3:30 PM 4:30 PM (All Ages) 3:15-4:45 pm 4:15-5:15 pm 4:00 PM 5.00 DM 4:30 PM 5:00 PM Basketball Lvl 1 (Ages 3-5) ketball Lvl 1 (Ages 6-9) 5:15 pm-6:00 pm Swim Lessons Swim Lessons 5:30 PM 5:15 pm - 6:15 pm 4:00 - 7:30 pm 4:00 - 7:30 pm Cycle & Strength 6:00 PM 6:00 - 7:00 pm Basketball Lvl 2 (Ages 6-9) 6:30 PM 6:30-7:30 pm Back to Living Well -7:00 PM Pilates Infusion Fitness Floor* 7:00 - 7:45 pm Basketball Lvl 3 (Ages 9-12) 7:00-8:00 pm Master Swim Open Swim 7:30 PM 7:45-8:45 pm 7:45-8:45 7:45 -8:45 8:00 PM

Lane Swim

8:45 pm - 9:15 pm

Pool Closes at 9:15 pm

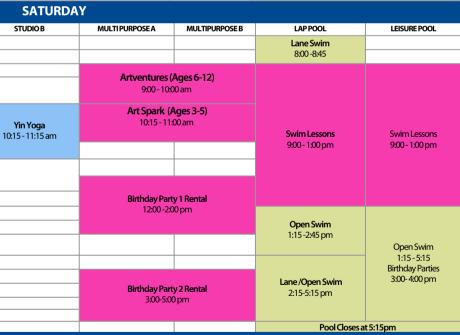
8:30 PM

9:00 PM

9:30 PM

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

FRIDAY	,							
DIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL				
			Lane Swim / Community Rental 6:00 - 7:00 am					
			Lane Swim					
			7:00-8:15 am					
			Aqua Fit					
			8:30-9:15 am					
	Yoga							
	930-1030am		Lane Swim 9:30-12:45 pm	Open Swim 9:30-12:45				
			Aqua Fit 1:00 - 1:45 pm					
			Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm				
			Private Swim Lesson	Private Swim Lesson				
			4:00 pm - 8:00 pm	4:00 pm - 8:00 pm				
			Lane Swim					
			8:15 - 9:15 pm					
			Pool Closes at 9:15 pm					



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.

Drop in Recreational Programs