

# Flamborough Family YMCA - Schedule at a Glance: April 1 - June 29, 2025

(Child and Youth Programs Schedule - March 3- May 4, 2025)



	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			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				Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
10:30 AM	Family Pickleball 10:30 - 11:30 am							
11:00 AM	Closed for Cleaning 11:30 am - 12:00 pm							
11:30 AM					New Class! Line Dancing 11:30-12:30 pm			
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 12:00 - 3:30 pm						Lane/Open Swim 1:15 - 2:30 pm	Open Swim 1:15 - 3:45 pm
1:00 PM								
1:30 PM							Open Swim 2:30 - 3:45 pm	
2:00 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
Karate Summer 8 weeks	June 30 - August 4	June 9		June 16

## SPRING REGISTRATION DATES - AQUATICS

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

	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	Pickleball 7:00 - 8:45 am							
7:30 AM			Cycle Fit 6:30-7:15 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			TRX 9:30-10:15					
10:00 AM	Open Gym (All Ages) 10:15 - 11:15 am							Open Swim 9:30 - 10:45
10:30 AM			Yoga for Strength 10:30 - 11:30 am				Lane Swim 9:30 - 12:45 pm	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	Closed for Cleaning 12:30 pm - 1:00 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	Open Swim 2:00 - 3:45 pm
2:30 PM								
3:00 PM	Divided Open Gym (all ages) 1:00 pm - 6:45 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	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 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	Back to Living Well 6:15 pm - 7:30 pm	Karate Advanced (Ages 6 - 12) 6:00 - 6:45 pm	
6:30 PM								
7:00 PM								
7:30 PM	Zumba 7:15 pm - 8:15 pm		Hatha Yoga 7:15 - 8:15 pm			Karate (Volunteer Instructor Class) 7:00 - 7:45 pm		
8:00 PM							Lane Swim 7:45-9:15	Open Swim 7:45-8:45 pm
9:00 PM								
8:30 PM								
9:30 PM							Pool Closes at 3:45 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	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:30 AM								
8:00 AM			Cycle Fit 9:15 - 10:00 am	Barre and Tone 9:30 - 10:15 am			Aqua Fit 8:30 - 9:15 am	
8:30 AM								
9:00 AM	Muscle Fit 10:15-11:00 am		New Class! Zumba Tone 10:15 - 11:15 am					
9:30 AM								
10:00 AM								
10:30 AM							Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
11:00 AM								
11:30 AM	Gentle Fit 11:30 - 12:15 pm			Baby & Me 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						Balance Plus 1:00-2:00 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	Soccer Level 1 (Ages 3-5) 5:30 - 6:15 pm				YMCA STEAM (Ages 3-5) 5:15-6:15	Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm
5:30 PM						YMCA STEAM (Ages 6-12) 6:30-7:30 pm		
6:00 PM			Boot Camp 6:00-6:45					
6:30 PM	Y-Climb (Ages 6-12) 6:30 - 7:30 pm							
7:00 PM			TRX 7:00 - 7:45 pm	Yoga 7:00 - 8:00 pm				
7:30 PM							Master Swim 7:45-8:45	Open Swim 7:45 - 8:45
8:00 PM	Divided Open Gym (All Ages) 7:45-9:00 pm						Lane Swim 8:45 pm - 9:15 pm	
8:30 PM								
9:00 PM							Pool Closes at 9:15 pm	

Registered Programs

Drop In Group Fitness

Registered Child and Youth Programs

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	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:45 am							
7:30 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						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
10:30 AM					Yoga 10:30 - 11:30 am			
11:00 AM								
11:30 AM	Walk Fit 11:30 - 12:15 pm				Chair Yoga 11:45 - 12:30 pm			
12:00 PM	Closed for Cleaning 12:30 pm - 1:00 pm							
12:30 PM								
1:00 PM	Divided Open Gym (all ages) 1:00 - 4:30 pm						Hydrotherapy 1:00 - 1:45 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							
6:30 PM				Queenax - Fitness Floor* 6:30-7:15pm				
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 - 8:15 pm	Yang/Yin Yoga 7:00-8:00 pm			Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45
7:30 PM								
8:00 PM							Lane Swim 8:30 - 9:15 pm	
8:30 PM								
9:00 PM								
9:30 PM							Pool Closes at 9:15 pm	

FRIDAY								
	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 7:00 am	
6:30 AM								
7:00 AM	Pickleball 7:15-8:45 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	BodyFit 9:15-10:00 am							
9:30 AM							Yoga 9:30 - 10:30 am	
10:00 AM	Zumba 10:15-11:15 am						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45
10:30 AM								
11:00 AM	Walk Fit 11:30 - 12:15 pm							
11:30 AM								
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 pm	Open Swim 2:00 - 3:45 pm
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm						Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM							Lane Swim 8:15 - 9:15 pm	
8:30 PM								
9:00 PM							Pool Closes at 9:15 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	Divided Open Gym (All Ages) 7:00 - 9:30 am							
7:00 AM								
7:30 AM								
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM			Cycle Fit 9:15 - 10:00 am	Yoga 9:30 - 10:30 am				
9:00 AM	Strength & Conditioning 10:15 - 11:00 am						Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 10:45
9:30 AM								
10:00 AM	Gentle Fit 11:30 - 12:15 pm							Splashers 11:00 - 12:00 pm
10:30 AM								Open Swim 12:00 - 12:45 pm
11:00 AM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm	
1:30 PM					Balance Plus 1:00-2:00 pm			
2:00 PM							Lane/Open Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
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	Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball Lvl 1 (Ages 3-5) 5:15 pm - 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					
6:30 PM	Basketball Lvl 2 (Ages 6-9) 6:30 - 7:30 pm							
7:00 PM			Back to Living Well - Fitness Floor* 7:00 - 8:00 pm	Pilates Infusion 7:00 - 7:45 pm			Master Swim 7:45-8:45	Open Swim 7:45 - 8:45
7:30 PM	Basketball Lvl 3 (Ages 9-12) 7:45-8:45 pm							
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	

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 2 (Ages 6-12) 9:00 - 10:00 am	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am	CycleFit 9:15 - 10:00 am					
9:30 AM	Y-Climb (Ages 6-12) 10:15 - 11:15 am			Yin Yoga 10:15 - 11:15 am			Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm
10:00 AM								
10:30 AM								
11:00 AM	Closed for Cleaning 11:30 am - 12:00 pm							
11:30 AM	Birthday Party 1 Rental 12:00 - 1:00 pm							
12:00 PM								
12:30 PM	Divided Open Gym (All Ages) 1:15 - 2:30 pm						Open Swim 1:15 - 2:45 pm	
1:30 PM								
2:00 PM								
2:30 PM	Birthday Party 2 Rental 3:00 - 4:00 pm							
3:00 PM								
3:30 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm						Shared Lane / Open Swim 2:15 - 5:15 pm	Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm
4:00 PM								
4:30 PM								
5:00 PM							Pool Closes at 5:15 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.								