| | | | | SUNDA | Υ | | | | Flamh | orough Fan | nilv Y | MCA - Sche | edule at | a Glance | April 1 - I | une 29. 2 | 025 |
|--|--|-----------------------------|-----------------------------------|----------------------|------------------------|--------------------|----------------------------------|--|-----------------------------|------------------------------|-----------------------|---|---|-----------------------|---|----------------------------------|--------------------------------|
| | | | | | | LEISURE POOL | (Child a | Flamborough Family YMCA - Schedule at a Glance: April 1 - June 29, 2025 (Child and Youth Programs Schedule - March 3- May 4, 2025) | | | | | | | | | |
| 8:00 AM 8:30 AM | Cycle Fit Lane Swim 8:00 - 8:45 am | | | | | | | | | | | MONDA | | | | Shine On | |
| 9:00 AM | | Conditioning 10:00 am | 8:45am - 9:45 am | | | | | | | GYM1&2 | GYM: | 3 STUDIO A | STUDIO B | MULTIPURPOSE A | MULITPURPOSEB | LAPPOOL | LEISURE POOL |
| 9:30 AM 10:00 AM | 9.15-1 | loodam | TRX | | | | - | | 6:00 AM 6:30 AM | | | | | | | | |
| 10:30 AM | | Pickleball | 10:15 - 11:00 am | | | | | Suim Lossons | | | | Cycle Fit 6:30-7:15 am | | | | Lane Swim 6:00 - 8::15 am | |
| 11:00 AM | | 11:30 am or Cleaning | | | New CI | lacel | Swim Lessons 9:00 - 1:00 pm | Swim Lessons 9:00 - 1:00 pm | 7:00 AM 7:30 AM | Pickl | eball :45 am | | | | | | |
| 11:30 AM | | - 12:00 pm | | | Line Dar | | | | 8:00 AM | 7,00-6 | AJaili | | | | | | |
| 12:00 PM | | | | | 11:30-12: | 30 pm | | | 9:00 AM | Bod | y Fit | | | | | Aqua Fit 8:30-9:15 am | |
| 12:30 PM 1:00 PM | Divided (| Open Gym | | | | | | | 9:30 AM | 9:15-10 | | TRX 9:30-10:15 | | | | | On our Suries |
| 1:30 PM | (All A | Ages) 3:30 pm | | | | | Lane/Open Swim 1:15 - 2:30 pm | Open Swim | 10:00 AM 10:30 AM | Oper (All A | iges) | Yoga for Strength | | | | | Open Swim 9:30-10:45 |
| 2:00 PM 2:30 PM | 12:00- | 3:30 pm | | | | | · | 1:15 - 3:45 pm | 11:00 AM 11:30 AM | 10:15-1 Wal | 1:15 am | 10:30 - 11:30 am | | | | Lane Swim | Splashers 11:00 - 12:00 pm |
| 3:00 PM | | | | | | | Open Swim 2:30 - 3:45 pm | | 12:00 PM | 11:30 - 1 | 2:15 pm | | | | | 9:30- 12:45 pm | Open Swim |
| 3:30 PM 4:00 PM | | | | | | | Pool Close | at 3:45 pm | 12:30 PM | Closed for 12:30 pm | | | | | | | 12:00-12:45 pm |
| | | | SW | IM ADMISSIO | N CRITERIA | | | | 1:00 PM | | | | | | | Hydrotherapy 1:00 - 1:45 pm | |
| Children a | ages 0 – 6: | | | | | | | | 1:30 PM 2:00 PM | | | | | | | Lane Swim | |
| | - | lian (14 vears of ac | ge or older) must b | oe in the water. w | vithin arms' reach, a | t all times. Ratio | : 1 adult per 2 chil | dren or 1 adult | 2:30 PM 3:00 PM | | | | | | | 2:00 - 2:45 pm | Open Swim 2:00-3:45 pm |
| | | <u>en</u> are in life jacke | | , | , | | | | 3:30 PM | | ges) | | | | | Community Rental 2:45-3:45 pm | 2.00 3.15 pm |
| Children a | ages 7 – 9: | | | | | | | | 4:00 PM 4:30 PM | 1:00 pm | · 6:45 pm | | | | | | |
| 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 | | | | | | | | | | | | Zumba Kids JR (Ages | 3-5) | | Karate Fundamentals (Ages 6-12) | | |
| | | | | | ol deck. If they do no | | | | 5:30 PM 6:00 PM | | | 5:15 pm - 6:00pm | 12) | | 5:00 - 5:45 pm Karate Advanced (Ages 6 - 12) | | Swim Lessons 4:00-7:30 pm |
| years of ag life jackets. | | ist be in the water | , within arms' read | ch, at all times. Ra | atio: 1 adult per 2 ch | ildren or 1 adul | lt per 4 children if | <u>all children</u> are ir | 6:30 PM | | | Zumba Kids (Ages 6- 6:15 pm - 7:00pm | 2) Back to Living W 6:15 pm - 7:30 p | CII | 7anced (Ages 6 - 12) 00-6:45 pm | | |
| ille jackets. | • | | | | | | | | 7:00 PM | Zur | nba | Hatha Yoga 7:15 - 8:15pm | | | nteer Instructor Class) 00-745 pm | | |
| | d adults 10 ye | | | | | | | | 7:30 PM 8:00 PM | 7:15 pm | -8:15pm | 7.13-0.13pm | | | 00-7-15 pm | Lane Swim | Open Swim |
| Youth and | adults 10 year | rs and older are we | elcome to use the | pool, subject to | their swimming abi | lities. | | | 9:00 PM | | | | | | | 7:45-9:15 | 7:45-8:45 pm |
| What is th | e Facility Swi | m Test? | | | | | | | 8:30 PM 9:30 PM | | | | | | | PoolClo | oses at 3:45 pm |
| To enter de | eep water and | or swim indepen | dently, swimmers | must: | | | | | | | | | TUESDA | ·Υ | | | |
| | comfort in the | | | | | | | | | GYM1&2 | GYM3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL | LEISURE POOL |
| | | ntinuous front cra | | | | | _ | | 6:00 AM | | | | | | | | |
| | | | | CA. At any time, l | lifeguards may ask f | or a demonstrat | tion of swimming | ability if | 6:30 AM | | | | | | | Lane Swim 6:00 - 8:15 am | |
| they feel tr | nere is a questi | ion of the particip | | ON DATES Child | d and Youth LAND F | DDOCDAME | | | 7:00 AM 7:30 AM | Divided Open Gym | | | | | | | |
| | | SPI | | | | | | | 8:00 AM | (All Ages) 7:00-9:30 am | | | | | | Agua Fit | |
| | Session | | Start to End | | Registration Opens | Members | Non-Mer | nbers | 9:00 AM | | | Cycle Fit | | | | 8:30-9:15 am | |
| | Spring 1 8 weeks | | March 3 - May 4 | | February 10 | | Februar | y 17 | 9:30 AM | | | 9:15 - 10:00 am New Class! | Barre and Tone 9:30 - 10:15am | | | | |
| | Spring 2 | | May 5 - June 29 | | April 14 | | April 2 | 01 | 10:00 AM | Muscle Fit 10:15-11:00 am | | Zumba Tone |),50 To.15a11 | | | | |
| | 8 Weeks | | May 5 June 25 | | дріі і т | | лріі 2 | -1 | 10:30 AM | | | 10:15 - 11:15 am | | | | Lane Swim | Open Swim |
| | Summer 8 Weeks | | June 30 - August 24 | | June 9 | | June 1 | 16 | 11:00 AM 11:30 AM | Gentle Fit | | | Baby & Me | | | 9:30-12:45 pm | 9:30-12:45 |
| | Karate | | April 7 1 22 | | Marrala 40 | | B.4 1 | 25 | 12:00 PM | 11:30 - 12:15 pm | | | 11:30-12:15pm | | | | |
| | ing 11 weeks | | April 7- June 22 | | March 18 | | March | | 12:30 PM | | | | | | | | |
| | Karate | | June 30 - August 4 June 9 June 16 | | | | 6 | 1:00 PM 1:30 PM | Pickleball | | | | Balanc | Plus | Aqua Fit 1:00 - 1:45 pm | | |
| Summer 8 weeks SPRING REGISTRATION DATES - AQUATICS | | | | | | | | 2:00 PM | 12:30 - 3:00 pm | | | | 1:00-2: | | | | |
| | | | | | ATTES AGORITES | D- 11 11 | v On one | | 2:30 PM 3:00 PM | Divided Open Gym | | | | | | Lane Swim 2:00 -3:45 | Open Swim 2:00-345 |
| | Session Start to End Registration Opens | | | | | | | 3:30 PM | (All Ages) 3:15-4:45 pm | | | | | | | | |
| | Spring | | April 7 - June 22 | | | March | 131 | | 4:00 PM 4:30 PM | 3:15-4:45 pm | | | | | | | |
| 1 | 11 Weeks | | | | | | | | 5:00 PM | Soccer Level 1 Socc | cer Level 1 | | | YMCA STEAM | | | |
| | Summer | | June 30 - August 24 | | | June | 23 | | 5:30 PM | (Ages 6-12) A | ges 3-5))-6:15 pm | | | 5:15- | 5:15 | Swim Lessons 4:00 - 7:30 pm | Swim Lessons 4:00 - 7:30 pm |
| | 8 Weeks | | | | | | | | 6:00 PM | Y-Climb (Ages 6-12) | , 0.13 pm | Boot Camp 6:00-6:45 | | YMCA STEAN 6:30-7: | | 7.56 p | пос узерии |
| _ | | rough Far | | | | | | | 6:30 PM 7:00 PM | 6:30 -7:30 pm | | TRX 7:00-7:45 pm | Yoga 7:00-8:00 pm | | | M · · · · | |
| 9 | 207 Pa | rkside Dri | ve, Water | down, Ol | V | | | | 7:30 PM 8:00 PM | Divided Open Gym | | 7.50 7.15 pm | 7.00 0.00 pm | | | Master Swim 7:45-8:45 | Open Swim |
| flamborough.membership@ymcahbb.ca | | | | | | | | | | (All Ages) 7:45-9:00pm | | | | | | Lane Swim 8:45 pm - 9:15 pm | 7:45 -8:45 |
| | TIAMPO | rough.mer | mpersnip@ | ymcanbb | o.ca | | | | 9:00 PM | | | | | <u> </u> | | | es at 9:15 pm |
| _ | | | | | | | | | | | | | | | | | |
| | 905-69 | 0-3555 | | | | | | | Registered Pr | ograms | | Registered Child and Youth Pro | grams | | | | |
| | 905-69 | 0-3555 | | | | | | | Registered Pr Drop In Grou | | | Registered Child and Youth Pro Open Swims (Lap or Leisure) | grams | Drop in Recreat | onal Programs | | |

| | WEDNESDAY | | | | | | | | | | FRIDAY | | | | | | | | |
|--|--|--|--|---|------------------------------|----------------------|--|---|---|---|--|--------------------------------------|---|--|----------------------------------|--|---|--|--|
| | GYM1&2 GYM3 | | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL | LEISURE POOL | | GYM1&2 | GYM 3 | STUDIO A | STUDIOB | MULTI PURPOSE A | MULTIPURPOSE B | LAPPOOL | LEISURE POOL | | |
| 6:00 AM | Strength and Conditioning 6:10-6:55 am | | | | | | Lane Swim / Community | | 6:00 AM | Strength and C | | | | | | Lane Swim / Community Rental | | | |
| 6:30 AM 7:00 AM | 0.10 0.55 arri | | | | | | Rental 6:00 - 8:15 am | | 6:30 AM | 6:10-6:5 | 5 am | | | | | 6:00 - 7:00 am | | | |
| 7:30 AM | Pickleball 7:15 - 8:45 am | | | | | | | | 7:00 AM | Pickleball | Open Gym (All Ages) | | | | | Lane Swim 7:00 - 8:15 am | | | |
| 8:00 AM 8:30 AM | 7:13-0:43 dill | | | | | | Aqua Fit | | 7:30 AM 8:00 AM | 7:15-8:45 am | 7:15 - 8:45 am | | | | | | | | |
| 9:00 AM | HIIT | | | | | | 8:30 - 9:15 am | | 8:30 AM | | | | | | | Aqua Fit | | | |
| 9:30 AM 10:00 AM | 9:15 - 10:00 am Open Gym | (| ORE FIT 9:30 - 10:00 am | | | | | | 9:00 AM | Body 9:15-10:0 | | | | | | 8:30 - 9:15 am | | | |
| 10:30 AM | (All Ages) | | | | Yoga | | | | 9:30 AM | 9:15-10:x | oo am | | | Yoga 9:30-10:30 am | | | | | |
| 11:00 AM 11:30 AM | 10:15 - 11:15 am Walk Fit | | | | 10:30-11:30 am Chair Yoga | | Lane Swim | Open Swim | 10:00 AM 10:30 AM | Zum | | | | | | | | | |
| 12:00 PM | 11:30 - 12:15 pm | | | | 11:45 - 12:30 pm | | 9:30-12:45 pm | 9:30-12::45 | 11:00 AM | 10:15-11:15 am | | | | | | Lane Swim | Open Swim | | |
| 12:30 PM | Closed for Cleaning 12:30 pm - 1:00 pm | | | | | | | | 11:30 AM | Walk 11:30 - 12 | | | | | | 9:30-12:45 pm | 9:30-12:45 | | |
| 1:00 PM | | | | | | | Hydrotherapy 1:00 - 1:45 pm | | 12:00 PM 12:30 PM | 1130 12 | | | | | | | | | |
| 1:30 PM 2:00 PM | Divided Open Gym | | | | | | Lane Swim | | 1:00 PM | | | | | | | Aqua Fit | | | |
| 2:30 PM | (all ages) ´ 1:00 - 4:30 pm | | | | | | 2:00 - 2:45 pm | Open Swim 2:00 -3:45 | 1:30 PM | Pickleball 12:30 - 3:00 pm | | | | | | 1:00 - 1:45 pm | | | |
| 3:00 PM 3:30 PM | | | | | | | Community Rental 2:45-3:45 pm | 2.00-5.45 | 2:00 PM | | | | | | | Lane Swim | Open Swim | | |
| 4:00 PM | | | | | | | | | 2:30 PM 3:00 PM | | | | | | | 2:00 - 3:45 pm | 2:00 - 3:45 pm | | |
| 4:30 PM 5:00 PM | Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm | | | | | | | Swim Lessons 4:00 - 7:30 pm | 3:30 PM | | | | | | | | | | |
| 5:30 PM | | | | | | | Swim Lessons | | 4:00 PM | | | | | | | | | | |
| 6:00 PM | | | | | | | 4:00 - 7:30 pm | | 4:30 PM 5:00 PM | | | | | | | | | | |
| 6:30 PM | | | | Queenax - Fitness Floor* 6:30-7:15pm | | | | | 5:30 PM | Divided Open Gym | | | | | | Private Swim Lesson | Private Swim Lesson | | |
| 7:00 PM | Karate Advanced (Ages 6 | - 12) | Zumba | Yang/Yin Yoga | | | | | 6:00 PM | (All Ag 3:15-9:0 | ges) | | | | | 4:00 pm - 8:00 pm | 4:00 pm - 8:00 pm | | |
| 7:30 PM | 7:00 - 7:45 pm | | 7:15-8:15 pm 7:00-8:00 pm | | | | Aqua Blast | Open Swim | 6:30 PM 7:00 PM | 3:13-9:0 | о рт | | | | | | | | |
| 8:00 PM | | | | | | | 7:40-8:25 pm | 7:45 -8:45 | 7:30 PM | | | | | | | | | | |
| 9:00 PM | | | | | | | Lane Swim 8:30 - 9:15 pm | | 8:00 PM | | | | | | | Lane Swim | | | |
| 9:30 PM | | | | | | | Pool Closes | Pool Closes at 9:15 pm | | _ | | <u> </u> | | | | 8:15 - 9:15 pm Pool Closes at | 9:15 pm | | |
| | | | | THURSD/ | AY | | | | 9:00 PM Pool Closes at 9:15 pm SATURDAY | | | | | | | | | | |
| | GYM1&2 | GYM3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAPPOOL | LEISURE POOL | | GYM1&2 | GYM3 | STUDIO A | STUDIO B | MULTI PURPOSE A | MULTIPURPOSE B | LAP POOL | LEISURE POOL | | |
| 6:00 AM 6:30 AM | | | | | | | Lane Swim | | 8:00 AM 8:30 AM | | | | | | | Lane Swim 8:00-8:45 | | | |
| 7:00 AM | | | | | | | 6:00 - 8:15 am | | 9:00 AM | Soccer Level 2 | ccer Level 1 (Ages 3-5) | Cycle Fit | | | | | | | |
| 7:30 AM 8:00 AM | Divided Open Gyr (All Ages) 7:00-9:30 am | m L | | | | | | | 9:30 AM | (Ages 6-12) 9:00 - 10:00 am | 9:00 - 9:45 am | 9:15 - 10:00 am | | | | | | | |
| 8:30 AM | 7:00 - 9:30 am | | | | | | | | | | | | | | | _ | | | |
| | | | C F: | | | | Aqua Fit | | 10:00 AM | Y-Climb (Ac | nes 6-12) | | | | | | | | |
| 9:00 AM 9:30 AM | | | Cycle Fit 9:15 - 10:00 am | Yoga | | | Aqua Fit 8:30 - 9:15 am | | 10:00 AM | Y-Climb (Ag 10:15-11: | ges 6-12) :15 am | ViPR/Core | Yin Yoga 10:15 - 11:15 am | | | - Swim Lessons | Swim Lessons | | |
| 9:30 AM 10:00 AM | Strenath & Condition | ning | Cycle Fit 9:15 - 10:00 am | Yoga 9:30 - 10:30 am | | | Aqua Fit 8:30 - 9:15 am | Open Swim | 10:00 AM 10:30 AM | Y-Climb (A <u>c</u> 10:15- 11: | ges 6-12) :15 am | ViPR/Core 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 | | |
| 9:30 AM 10:00 AM 10:30 AM | | ning | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | | 8:30 - 9:15 am | 9:30-10:45 | 10:00 AM 10:30 AM 11:00 AM | 10:15-11: Closed for C | :15 am : : : : : : : : | | Yin Yoga 10:15 - 11:15 am | | | | | | |
| 9:30 AM 10:00 AM | Strength & Conditior 10:15 - 11:00 am Gentle Fit | | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | | Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm | Open Swim 9:30-10:45 Splashers 11:00-12:00 pm | 10:00 AM 10:30 AM | 10:15-11: Closed for C 11:30 am- 1 Birthday Part | :15 am :Teaning :2:00 pm ty 1 Rental | | Yin Yoga 10:15 - 11:15 am | | | | | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM | Strength & Condition 10:15 - 11:00 am | | Cycle Fit 9:15 - 10:00 am | Yoga 9:30 - 10:30 am | | | 8:30 - 9:15 am | 9:30-10:45 Splashers 11:00-12:00 pm Open Swim | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM | 10:15-11: Closed for C 11:30 am - 1 Birthday Part 12:00 - 1: | :15 am Jeaning 12:00 pm ty 1 Rental 00 pm | | Yin Yoga 10:15 - 11:15 am | Birthday Par 12:00 -2: | | | | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm | | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | | 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm | 9:30 - 10:45 Splashers 11:00 - 12:00 pm | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM | 10:15-11: Closed for C 11:30 am- 1 Birthday Part 12:00-1: Divided Op | :15 am Leaning 12:00pm ty 1 Rental 00 pm | | Yin Yoga 10:15 - 11:15 am | Birthday Par 12:00-2: | | 9:00 - 1:00 pm Open Swim | | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM | Strength & Condition 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm | 1 | Cycle Fit 9:15 - 10:00 am | Yoga 9:30 - 10:30 am | | ncePlus | 8:30 - 9:15 am | 9:30-10:45 Splashers 11:00-12:00 pm Open Swim | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM | 10:15-11: Closed for C 11:30 am - 1 Birthday Part 12:00 - 1: | Cleaning 2.200 pm by 1 Rental 00 pm Den Gym Jes) | | Yin Yoga 10:15 - 11:15 am | | | 9:00 - 1:00 pm | 9:00 - 1:00 pm Open Swim | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm | 1 | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | nce Plus -2:00 pm | 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm | 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM | 10:15-11: Closed for C 11:30 am - 1 Birthday Part 12:00 - 1: Divided Op (All Ag 1:15-2:3) | Cleaning 2.200 pm by 1 Rental 00 pm een Gym Jes) 0 pm | | Yin Yoga 10:15 - 11:15 am | | | 9:00 - 1:00 pm Open Swim | 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm | 1 | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | | 8:30 - 9:15 am Lane Swim 9:30-12:45 pm | 9:30-10:45 Splashers 11:00-12:00 pm Open Swim | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM | Closed for C 11:30 am - 1 Birthday Part 12:00 - 1:0 Divided Op (All Ac | :15 am Cleaning 12:00pm by 1 Rental 00 pm Den Gym ges) 0 pm | | Yin Yoga 10:15 - 11:15 am | 12:00-2: | 00 pm | 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane/Open Swim | 9:00 - 1:00 pm Open Swim 1:15 - 5:15 | | |
| 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm | n | Cycle Fit 9:15 - 10:00 am | Yoga 9:30 - 10:30 am | | | 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim | 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00 - 12:45 pm | 10:00 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM | I0:15-11: Closed for C 11:30 am - 1 Birthday Part 12:00-1: Divided Op (All Ag 1:15-2:3i Birthday Part 3:00-4:0 Divided Op | Eleaning Ele | | Yin Yoga 10:15 - 11:15 am | | 00 pm | 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm | 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties | | |
| 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm | n | Cycle Fit 9:15 - 10:00 am | Yoga 9:30-10:30 am | | | 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim | 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00 - 12:45 pm | 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM | Closed for C 11:30 am - 1 Birthday Part 12:00 - 1:1 Divided Op (All Ag 1:15-2:3) Birthday Part 3:00 - 4:0 | Eleaning 12:00pm ty 1 Rental 00 pm then Gym tyes) 0 pm y 2 Rental 10 pm then Gym | | Yin Yoga 10:15 - 11:15 am | 12:00-2: | 00 pm | 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane/Open Swim | 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm | | |
| 9:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM | Strength & Condition 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gyn (All Ages) 3:15 - 4:45 pm | n n | Cycle Fit 9:15 - 10:00 am | Yoga 9:30 - 10:30 am | | | 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane/Open Swim | 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00 - 12:45 pm | 10:00 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:00 PM 4:00 PM 4:30 PM | Divided Op Birthday Part Divided Op (All Ag 1:15-2:30 | Eleaning 12:00pm ty 1 Rental 00 pm then Gym tyes) 0 pm y 2 Rental 10 pm then Gym | | Yin Yoga 10:15-11:15 am FACILITY HO | 12:00-2: Birthday Par 3:00-5:0 | 00 pm | 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane/Open Swim 2:15 - 5:15 pm | 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm | | |
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