

# Hamilton Downtown Family YMCA - Schedule at a Glance

March 31 2025 - June 29, 2025

SUNDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 1:45pm	Volleyball 8:00am - 10:30am	Squash, Raquetball, Handball, Table Tennis Courts Available  8:00am - 4:00pm  Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
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	Soccer 2:00 pm- 3:45pm	Open Gym 10:45am - 3:45pm			
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

MONDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk			
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM				Early On 10:00am - 11:00am		
10:30 AM						
11:00 AM						
12:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am-1230pm	Open Gym 11:00am - 3:00pm			Queenex 12:15pm - 1:00pm	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45pm - 9:15pm	Badminton 3:00pm - 6:00pm				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM					Wellness Orientation 5:00pm - 5:30pm	
5:30 PM						
6:00pm						Pilates 5:45pm - 6:30pm
6:30 PM						
7:00 PM		Open Gym 6:00pm - 9:15pm				Zumba 6:45pm - 7:45pm
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

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Shine On

TUESDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am - 6:45pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk		
7:00 AM					
8:00 AM					
9:00 AM					
9:30 AM					
10:00 AM		Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
10:30 AM		Open Gym 11:00am - 9:15pm			
11:00 AM					
11:30 AM					
12:00 PM					HIIT 12:15pm - 1:00pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM			Yoga 5:45pm - 6:30pm		
6:00 PM					
6:30 PM					
	Soccer 7:00pm- 9:15pm				Strength and Conditioning 6:45 pm- 7:30pm
7:00 PM					
7:30 PM					
8:00 PM					Zumba 7:45pm - 8:45pm
8:30 PM					
9:00 PM					

WEDNESDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk			
7:00 AM						
8:00 AM						
9:00 AM						
9:30 AM					Ball Fit 9:15am - 10:00am	
10:00 AM				Early On 10:00am - 11:00am		Pilates 10:15am - 11:00am
10:30 AM						
11:00 AM	Pickle Ball 11:30am-1:30pm	Open Gym 11:00am - 3:00pm				
11:30 AM						
12:00 PM					Express Core 12:15 pm- 12:45pm	
12:30 PM						
1:00 PM						
1:30 PM	Open Gym 1:45pm - 5:45pm	Badminton 3:00pm - 4:30pm				
2:00 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30PM						
5:00 PM				Newcomer Youth Centre 4:30 - 6:00pm April 2 - May 21	Wellness Orientation 5:00pm - 5:30pm	
5:30 PM						
6:00 PM	Pickle Ball 6:00pm - 7:30pm	Open Gym 6:15pm - 9:15pm			ViPR Pro 6:00pm - 6:45pm	
6:30 PM						
7:00 PM					Yoga 7:00pm - 7:45pm	
7:30 PM	Open Gym 7:30pm - 9:15pm					
8:00 PM						
					Zumba 8:00pm - 8:45pm	
8:30 PM						
9:00 PM						

# Hamilton Downtown Family YMCA - Schedule at a Glance

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THURSDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-6:45pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk		
					Yoga 6:15am - 7:00am
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM		Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
10:30 AM		Open Gym 11:00am - 3:45pm			
11:00 AM					
11:30 AM					
12:00 PM					Express Circuit 12:15 pm- 1:00pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
3:00 PM	Volleyball 4:00 pm- 6:00pm				
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM	Open Gym 6:15 pm- 9:15pm			Pilates 5:45pm - 6:30pm	
6:00pm					
6:30 PM					
				Strength & Conditioning 6:45 - 7:30pm	
7:00 PM		Soccer 7:00pm-9:15pm			
7:30 PM					
					Yoga 7:45pm - 8:45pm
8:00 PM					
8:30 PM					
9:00 PM					

FRIDAY								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:15pm  Equipment available at Membership Desk					
7:00 AM								
8:00 AM		Early On 10:00am - 11:00am						
9:00 AM								
9:30 AM		Open Gym 11:00am - 3:00pm						
10:00 AM								
10:30 AM				Pickle Ball 11:30am - 1:30pm				
11:00 AM								
11:30 AM	Open Gym 1:15pm - 9:15pm				Cycle 12:15pm - 1:00pm			
12:00 PM	Badminton 3:00pm - 6:00pm				Yoga 1:15pm - 2:00pm			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM	Open Gym 6:00pm - 9:15pm							
3:00 PM								
3:30 PM								
4:00 PM								
5:00 PM								
5:30 PM								
6:00 PM					ViPR Pro 6:00pm - 6:45pm			
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

# Hamilton Downtown Family YMCA - Schedule at a Glance

## March 31 2025 - June 29, 2025

SATURDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 5:15pm	Badminton 8:15am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  8:00am - 5:15pm  Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					Barre 9:30am - 10:15am
10:30 AM		Open Gym 11:15am - 3:15pm			Zumba 10:30am - 11:30am
11:00 AM					
11:30 AM					
12:00 PM					Strength & Conditioning 11:45am - 12:45pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM		Volleyball 3:30pm - 5:15pm			
4:00 PM					
5:00 PM					
5:30 PM					

### FACILITY HOURS

Monday - Friday 6:00am - 9:30pm

Saturday 8:00am - 5:30pm

Sunday 8:00am - 4:00pm

Holidays: as posted

### SWIM ADMISSION CRITERIA

#### Children ages 0 – 5:

An adult parent or guardian (16 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

#### Children ages 6 – 9 unable to Pass Swim Test:

If unable to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult; with lifejackets, maximum ratio: 6 children: 1 adult.

#### Children ages 6 – 9 unable to Pass Swim Test:

Must be supervised by parent/guardian (min 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children to 1 adult.

#### Ages 10 - 15 Years:

Must pass a swim test to access deep-water. If they do not pass, they must stay in the shallow end.

#### What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25 Meter non-stop front swim
- 30-second tread in deep end.

Adult Swim test - at the lifeguard's discretion.