

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					
8:30 AM		Mallar da all			
9:00 AM		Volleyball 8:00am - 10:30am			
9:30 AM		8:00am - 10:30am			
10:00 AM			Squash, Raquetball,		
10:30 AM	Open Gym 8:00am - 1:45pm	Handball, Table Tennis Courts Available			
11:00 AM			Courte / trailable		
11:30 AM			8:00am - 4:00pm		
12:00 PM					
12:30 PM		Open Gym	Equipment available		
1:00 PM		10:45am - 3:45pm	at Membership Desk		
1:30 PM		10.43am - 3.43pm	·		
2:00 PM					
2:30 PM	Soccer				
3:00 PM	2:00 pm- 3:45pm				
3:30 PM					
4:00 PM					

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM		Open Gym			
7:30 AM		6:00am - 10:00am			
8:00 AM	Onon Cum	0.00a111 - 10.00a111			
8:30 AM	Open Gym 6:00am-11:15am				
9:00 AM	0.00am-11.13am				
9:30 AM					
10:00 AM		Early On	<u> </u>		
10:30 AM		10:00am - 11:00am			
11:00 AM					
12:00 PM	Pickle Ball			Queenex	
12:30 PM	11:30am-1:30pm	Open Gym 11:00am - 3:00pm		12:15pm - 1:00pm	
1:00 PM	*Beginners 11:30am-		Squash, Raquetball, Handball,		
1:30 PM	1230pm		Table Tennis Courts		
2:00 PM			Available		
2:30 PM			6:000 0:70		
3:00 PM			6:00am - 9:30pm		
3:30 PM			Equipment available		
4:00 PM			at Membership Desk		
4:30 PM		Badminton	de Membership Besit		
5:00 PM	Open Gym	3:00pm - 6:00pm		Wellness Orientation 5:00pm - 5:30pm	
5:30 PM	1:45pm - 9:15pm				
					Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
7:00 PM		Onon Cum			Zumba
7:30 PM		Open Gym 6:00pm - 9:15pm			6:45pm - 7:45pm
8:00 PM		0.00biii - a.tobiii			
8:30 PM					
9:00 PM					

Drop In Rec Sports

Drop In Group Fitness

Registered Programming



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March 3	31	2025 -	June	29.	2025
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			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 8:00 AM 9:00 AM 9:30 AM		Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball,		
10:00 AM		Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
10:30 AM 11:00 AM		10.00am - 11.00am			10.004111-10.434111
11:30 AM			Table Tennis Courts Available		
12:00 PM					HIIT
12:30 PM			6:00am - 9:30pm		12:15pm - 1:00pm
1:00 PM	Open Gym 6:00am - 6:45pm		Equipment available		
1:30 PM			at Membership Desk		
2:00 PM			·		
2:30 PM					
3:00 PM					
3:30 PM			_		
4:00 PM	_	Open Gym	_		
5:00 PM		11:00am - 9:15pm			Va
5:30 PM					Yoga 5:45pm - 6:30pm
6:00 PM					3. 1 3рт - 0.30рт
6:30 PM			_		
			Squash League		Strength and Conditioning 6:45 pm-7:30pm
7:00 PM			Court 5 and 6		
7:30 PM	Soccer		*beginners welcome		
8:00 PM	7:00pm-9:15pm				Zumba
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		0.000			
8:00 AM		Open Gym 6:00am - 10:00am			
9:00 AM		6.00am - 10.00am			
9:30 AM	Open Gym 6:00am-11:15am				Ball Fit 9:15am - 10:00am
10:00 AM		Early On 10:00am - 11:00am			Pilates
10:30 AM		10.00am - 11.00am			10:15am - 11:00am
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball	Open Gym			Express Core
12:30 PM	11:30am-1:30pm		Squash, Raquetball,		12:15 pm- 12:45pm
1:00 PM	11.00am - 3.00pm	Handball, Table Tennis			
1:30 PM			Courts Available		
2:00 PM					
3:00 PM			6:00am - 9:30pm		
3:30 PM		Badminton	Equipment available		
4:00 PM	Open Gym	Open Gym 3:00pm - 4:30pm			
4:30PM	1:45pm - 5:45pm Newcomer Youth Centre 4:30 - 6:00pm	at Membership Desk			
5:00 PM		4:30 - 6:00pm		Wellness Orientation 5:00pm-5:30pm	
5:30 PM		April 2 - May 21			
6:00 PM	Pickle Ball				ViPR Pro 6:00pm - 6:45pm
6:30 PM	6:00pm - 7:30pm				
7:00 PM					Yoga
7:30 PM		Open Gym			7:00pm - 7:45pm
8:00 PM		6:15pm - 9:15pm			
5.001111	Open Gym				Zumba
8:30 PM	7:30pm - 9:15pm				8:00pm - 8:45pm
9:00 PM					



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			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
			_		Yoga
6:30 AM					6:15am - 7:00am
7:00 AM		Open Gym			
7:30 AM		6:00am - 10:00am	_		
8:00 AM			_		
8:30 AM			_		
9:00 AM			_		
9:30 AM			_		0 11 57
10:00 AM		Early On			Gentle Fit
10:30 AM		10:00am - 11:00am		10:00am - 10:45am	
11:00 AM			_		
11:30 AM	Open Gym		Squash, Raquetball, Handball,		
12:00 PM	6:00am-6:45pm		Table Tennis Courts Available		Express Circuit
12:30 PM		Open Gym	Table Termis Courts Available		12:15 pm- 1:00pm
1:00 PM		11:00am - 3:45pm	6:00am - 9:30pm		
1:30 PM					
2:00 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM					
4:00 PM		Volleyball			
5:00 PM		4:00 pm- 6:00pm			
5:30 PM		4.00 pm- 6.00pm			Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
					Strength & Conditioning
7:00 PM				6:45 - 7:30pm	
7:30 PM		Open Gym 6:15 pm- 9:15pm			-
7:30 PIVI	Soccer	OTO hill- STOHII			
8:00 PM	7:00pm-9:15pm				Yoga
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		Open Gym			
8:00 AM		6:00am - 10:00am			
9:00 AM	Open Gym				
9:30 AM	6:00am-11:15am				
10:00 AM		Early On			
10:30 AM	10:00am - 11:00am				
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball	Open Gym 11:00am - 3:00pm	Squash Paguethall Handball		Cycle
12:30 PM	11:30am -1:30pm		Squash, Raquetball, Handball, Table Tennis Courts Available		12:15pm - 1:00pm
1:00 PM					Yoga
1:30 PM			6:00am - 9:15pm		1:15pm - 2:00pm
2:00 PM			Equipment available		
2:30 PM					
3:00 PM			at Membership Desk		
3:30 PM		Badminton			
4:00 PM		3:00pm - 6:00pm			
5:00 PM	Open Gym	5.00pm 0.00pm			
5:30 PM	1:15pm - 9:15pm				
6:00 PM	2.13piii 3.13piii				ViPR Pro
6:30 PM					6:00pm - 6:45pm
7:00 PM		Open Gym			
7:30 PM		6:00pm - 9:15pm			
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					
8:30 AM					
9:00 AM		Badminton			
9:30 AM		8:15am - 11:00am			Barre
10:00 AM		6:15am - 11:00am			9:30am - 10:15am
10:30 AM			Squash, Raquetball,		Zumba
11:00 AM	AM	Handball, Table Tennis Courts Available		10:30am - 11:30am	
11:30 AM	Open Gym 8:00am - 5:15pm	9:00am F:1Fpm	8:00am - 5:15pm		Strength & Conditioning
12:00 PM	•	Open Gym	F		11:45am - 12:45pm
12:30 PM		11:15am - 3:15pm	Equipment available		22. 15diii 22. 15piii
1:00 PM			at Membership Desk		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM		Volleyball			
5:00 PM		3:30pm - 5:15pm			
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:

Muat 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.