

Hamilton Downtown Family YMCA - Schedule at a Glance September 3, 2024 - December 22, 2024

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Gym				
8:30 AM	6:00am-11:15am				
9:00 AM	0.000111-11.150111				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
12:00 PM	_			Queenex	
12:30 PM	44.70 4.70 6.00 6	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts	12:15pm - 1:00pm	
1:00 PM		6:00am - 6:45pm			
1:30 PM					
2:00 PM	Open Gym 1:45pm - 4:45pm Equipment available at Membership Desk				
2:30 PM			Equipment available		
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Soccer			Express Circuit 5:30pm - 6:00pm	
6:00 PM	5:00pm - 7:00pm				
6:30 PM					Zumba
7:00 PM					6:30pm - 7:15pm
7:30 PM					Yoga
8:00 PM	Open Gym 7:15pm - 9:15pm	Badminton 7:00pm - 9:15pm			7:30pm - 8:30pm **Starting Oct. 7
8:30 PM			-		
9:00 PM					
9:30 PM					
2.30 F IVI					

			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Parit Ciri	Ackain	COUNTS	THRESSTEGOR	310010
6:30 AM	-				
7:00 AM	-				
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM				Back to Living Well	
				9:00am - 9:45am	
				**Starting Oct 8 - registration	
0.20 444				required	
9:30 AM 10:00 AM				required	-
10:00 AW	-				Gentle Fit
10:30 AM					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		HIIT
12:30 PM					12:15pm - 1:00pm
1:00 PM		Open Gym	6:00am - 9:30pm		
1:30 PM		6:00am - 9:15pm			
2:00 PM			Equipment available at Membership Desk		
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
				Express Circuit	
5:00 PM				5:30pm - 6:00pm	
5:30 PM					
6:00 PM					
6:30 PM					Strength & Conditioning
7:00 PM					6:30 - 7:15
7:30 PM	Soccer				Zumba
8:00 PM	Soccer 7:00pm- 9:15pm				7:30pm - 8:15pm
8:30 PM	· ·				
9:00 PM					
9:30 PM					



	WEDNESDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM						
6:30 AM						
7:00 AM	Open Gym 6:00am-11:15am					
7:30 AM			_			
8:00 AM 8:30 AM			_			
9:00 AM			_			
3.007.111						
9:30 AM						
10:00 AM			_			
10:30 AM			_			
			_			
11:00 AM	1		Control Described			
11:30 AM			Squash, Raquetball, Handball, Table Tennis			
12:00 PM	Pickle Ball		Courts Available		Express Core	
12:30 PM	11:30am-1:30pm	Open Gym	Cours Available		12:15 pm- 12:45pm	
1:00 PM	_	6:00am - 9:15pm	6:00am - 9:30pm			
1:30 PM 2:00 PM			<u> </u>			
			Equipment available			
2:30 PM			at Membership Desk			
3:00 PM						
3:30 PM 4:00 PM						
5:00 PM						
5:30 PM	Open Gym			Express Circuit 5:15pm - 5:45pm		
	1:45pm - 9:15pm				ViPR Pro	
6:00 PM 6:30 PM	-		_		6:00pm - 6:45pm	
7:00 PM	-		_		Yoga	
7:30 PM	1				7:00pm - 7:45pm	
8:00 PM	-				Zumba	
8:30 PM	1				8:00pm - 8:45pm	
	-		_		стории сттории	
9:00 PM						
9:00 PM 9:30 PM						
			THURSDAY			
	MAIN GYM	AUX GYM	THURSDAY COURTS	FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM 7:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM 7:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR		
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR		
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM		AUX GYM	COURTS	FITNESS FLOOR Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM	MAIN GYM Open Gym 6:00am-6:45pm	AUX GYM	COURTS Squash, Raquetball, Handball,		Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:00 PM	Open Gym		COURTS	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:00 PM 12:30 PM	Open Gym	Open Gym	COURTS Squash, Raquetball, Handball, Table Tennis Courts Available	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Open Gym		Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:00 PM 3:30 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:00 PM 3:30 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45 Strength & Conditioning	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:200 PM 12:30 PM 1:30 PM 2:00 PM 3:00 PM 3:00 PM 5:30 PM 5:30 PM 6:00 PM 6:30 PM	Open Gym	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:00 PM 3:00 PM 3:30 PM 5:00 PM 5:00 PM 5:30 PM 7:00 PM 7:30 PM	Open Gym 6:00am-6:45pm	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45 Strength & Conditioning 6:30 - 7:15	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:200 PM 12:30 PM 1:30 PM 2:00 PM 3:00 PM 3:00 PM 5:30 PM 5:30 PM 6:00 PM 6:30 PM	Open Gym 6:00am-6:45pm	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45 Strength & Conditioning 6:30 - 7:15 Yoga	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 11:200 PM 12:30 PM 2:00 PM 2:30 PM 3:00 PM 3:00 PM 5:00 PM 5:30 PM 5:00 PM 5:30 PM 6:30 PM 7:00 PM	Open Gym 6:00am-6:45pm	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:00 PM 3:00 PM 3:00 PM 5:30 PM 5:00 PM 5:30 PM 6:00 PM 7:30 PM 7:30 PM 8:00 PM	Open Gym 6:00am-6:45pm	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00 - 10:45 Strength & Conditioning 6:30 - 7:15 Yoga	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 11:200 PM 12:30 PM 2:00 PM 2:30 PM 3:00 PM 3:00 PM 5:00 PM 5:30 PM 5:00 PM 5:30 PM 6:30 PM 7:00 PM	Open Gym 6:00am-6:45pm	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex 12:15 pm- 1:00pm	Gentle Fit	



			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	On an C				
9:00 AM	Open Gym 6:00am-11:15pm				Back to Living Well 9:00am - 9:45am **Starting Oct 11 -
9:30 AM					registration required
10:00 AM					
10:30 AM					
11:00 AM			Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk		Cycle and Strength
11:30 AM					11:00am - 12:00pm
12:00 PM	Pickle Ball				Yoga
12:30 PM	11:30 -1:30	Open Gym 6:00am - 9:15pm			12:15pm - 1:15pm
1:00 PM		5.55a 5.25p			
1:30 PM					
2:00 PM			at Fiel in Beisting Besit		
2:30 PM			-		
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3:30 PM 4:00 PM					
5:00 PM					
5:30 PM	Open Gym				
6:00 PM	1:15pm - 9:15pm				
6:30 PM					ViPR Pro
7:00 PM					6:30pm - 7:15pm
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

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



			SUNDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Open Gym	Causeh Doguethall			
10:00 AM		8:00am - 11:45am	Squash, Raquetball, Handball, Table Tennis		
10:30 AM	Open Gym 8:00am - 1:45pm		Courts Available		
11:00 AM	6:00am - 1:45pm				
11:30 AM			8:00am - 4:00pm		
12:00 PM					
12:30 PM		Volleyball	Equipment available		
1:00 PM		12:00 - 2:00	at Membership Desk		
1:30 PM					
2:00 PM					
2:30 PM	Soccer				
3:00 PM		2:15pm - 3:45			
3:30 PM					
4:00 PM					

Lane Swim	Drop in Gym / Swim		Drop in Recreational Sports
Drop In Group Fitness	Registered Aquatic Leadership Programs		Drop in Necreational Sports

FACILITY HOURS
Mon-Fri: 6:00 am - 9:30 pm
Sat & Sun: 8:00 am - 5:30 pm
Holidays: 8:00 am - 4:00 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.

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.

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.