



# 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	Open Gym 6:00am-11:15am	Open Gym 6:00am - 6:45pm	Squash, Raquetball, Handball, Table Tennis Courts Available				
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
12:00 PM							Queenex 12:15pm - 1:00pm
12:30 PM	Pickle Ball 11:30am-1:30pm						
1:00 PM	Open Gym 1:45pm - 4:45pm	Open Gym 6:00am - 6:45pm	6:00am - 9:30pm  Equipment available at Membership Desk				
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM				Express Circuit 5:30pm - 6:00pm			
5:30 PM	Soccer 5:00pm - 7:00pm						
6:00 PM	Open Gym 7:15pm - 9:15pm	Badminton 7:00pm - 9:15pm			Zumba 6:30pm - 7:15pm		
6:30 PM							
7:00 PM							Yoga 7:30pm - 8:30pm **Starting Oct. 7
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

TUESDAY								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am - 6:45pm	Open Gym 6:00am - 9:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available					
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 required	
9:30 AM								Gentle Fit 10:00am - 10:45am
10:00 AM								
10:30 AM								
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				Express Circuit 5:30pm - 6:00pm				
6:00 PM								
6:30 PM					Strength & Conditioning 6:30 - 7:15			
7:00 PM					Zumba 7:30pm - 8:15pm			
7:30 PM	Soccer 7:00pm- 9:15pm							
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								



**WEDNESDAY**

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 9:15pm	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					
10:30 AM					
11:00 AM					
11:30 AM	Pickle Ball 11:30am-1:30pm				Express Core 12:15 pm- 12:45pm
12:00 PM					
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	Open Gym 1:45pm - 9:15pm			Express Circuit 5:15pm - 5:45pm	
6:00 PM					ViPR Pro 6:00pm - 6:45pm
6:30 PM					Yoga 7:00pm - 7:45pm
7:00 PM					Zumba 8:00pm - 8:45pm
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

**THURSDAY**

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00am-6:45pm	Open Gym 6:00am - 9:15pm	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							
10:30 AM							
11:00 AM					Gentle Fit 10:00 - 10:45		
11:30 AM							
12:00 PM				Queenex 12:15 pm- 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				Express Circuit 5:15pm - 5:45pm			
6:00 PM							
6:30 PM					Strength & Conditioning 6:30 - 7:15		
7:00 PM	Soccer 7:00pm-9:15pm						
7:30 PM							
8:00 PM							
8:30 PM					Yoga 7:30pm - 8:30pm **Starting Oct. 10		
9:00 PM							
9:30 PM							



FRIDAY							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00am-11:15pm	Open Gym 6:00am - 9:15pm	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							Back to Living Well 9:00am - 9:45am **Starting Oct 11 - registration required
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Pickle Ball 11:30 - 1:30				Cycle and Strength 11:00am - 12:00pm		
12:00 PM					Yoga 12:15pm - 1:15pm		
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	Open Gym 1:15pm - 9:15pm						
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							
9:30 PM							

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

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



SUNDAY					
	MAINGYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 1:45pm	Open Gym 8:00am - 11:45am	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					Volleyball 12:00 - 2:00
1:00 PM					
1:30 PM					
2:00 PM	Soccer 2:00 pm- 3:45pm	Open Gym 2:15pm - 3:45			
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop in Recreational 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.