

# 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	6.00am-11.13am				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
12:00 PM				Queenex	
12:30 PM	Pickle Ball	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts	12:15pm - 1:00pm	
1:00 PM	11:30am-1:30pm	6:00am - 6:45pm			
1:30 PM			Available		
2:00 PM	Open Gym 6:00am - 9:30pm				
2:30 PM					
3:00 PM					
3:30 PM	1.43pm - 4.43pm		Equipment available		
4:00 PM			at Membership Desk		
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
	Open Gym 7:15pm - 9:15pm	Badminton 7:00pm - 9:15pm			7:30pm - 8:30pm
8:00 PM	7.13piii - 3.13piii	7.00pm - 3.13pm			**Starting Oct. 7
8:30 PM					
9:00 PM					
9:30 PM					

			TUESDAY		
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	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					
9:00 AM				Back to Living Well	
				9:00am - 9:45am	
				**Starting Oct 8 - registration	
9:30 AM				required	
10:00 AM					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
	0.00am - 0.45pm				12:15pm - 1:00pm
12:30 PM		Open Gym	6:00am - 9:30pm		12.13pm - 1.00pm
1:00 PM		6:00am - 9:15pm			
1:30 PM			Equipment available		
2:00 PM			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	C				Zumba
	Soccer				7:30pm - 8:15pm
8:00 PM 8:30 PM	7:00pm- 9:15pm				7.50pm - 0.15pm
9:00 PM					
9:00 PM 9:30 PM					
9:30 PIVI	<u> </u>	<u> </u>			



	WEDNESDAY					
	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	Open Gym 6:00am-11:15am					
9:00 AM						
3,007,011						
9:30 AM						
10:00 AM						
10:30 AM		_				
		-				
11:00 AM						
11:30 AM			Squash, Raquetball,			
12:00 PM	Pickle Ball		Handball, Table Tennis Courts Available		Express Core	
12:30 PM	11:30am-1:30pm	Open Gym	Courts Available		12:15 pm- 12:45pm	
1:00 PM		6:00am - 9:15pm	6:00am - 9:30pm			
1:30 PM		0.00um 5.15pm	5.55pm			
2:00 PM			Equipment available			
2:30 PM			at Membership Desk			
3:00 PM						
3:30 PM						
4:00 PM 5:00 PM						
	Open Gym			Express Circuit		
5:30 PM	1:45pm - 9:15pm			5:15pm - 5:45pm	1 CDD D	
6:00 PM					ViPR Pro	
6:30 PM					6:00pm - 6:45pm	
7:00 PM					Yoga 7.00 7.45	
7:30 PM					7:00pm - 7:45pm	
8:00 PM					Zumba	
8:30 PM			_		8:00pm - 8:45pm	
9:00 PM						
9:30 PM			THURSDAY			
	MAIN GYM	AUX GYM	THURSDAY	FITNESS FLOOR	STUDIO	
9:30 PM	MAIN GYM	AUX GYM	THURSDAY  COURTS	FITNESS FLOOR	STUDIO	
	MAIN GYM	AUX GYM		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 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 7:30 AM 8:00 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	
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9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO  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	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 9:00 AM 9:30 AM 10:00 AM 11:30 AM		AUX GYM			Gentle Fit	
9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM	Open Gym	AUX GYM	COURTS  Squash, Raquetball, Handball,	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		AUX GYM	COURTS		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		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 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	Open Gym	Open Gym	COURTS  Squash, Raquetball, Handball,	Queenex	Gentle Fit	
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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 11:30 AM 11:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM	Open Gym	Open Gym	COURTS  Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm	Queenex	Gentle Fit	
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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 11:30 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 Equipment available	Queenex 12:15 pm- 1:00pm	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 11:30 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 12:00 PM 1:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 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 12:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 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 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	
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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 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 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 11:30 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 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 11:30 AM 11:30 AM 11:30 AM 12:00 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 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	Strength & Conditioning 6:30 - 7:15 Yoga 7:30pm - 8:30pm	
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 3:00 PM 3:30 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 11:30 AM 11:30 AM 11:30 AM 12:00 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 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	Strength & Conditioning 6:30 - 7:15 Yoga 7:30pm - 8:30pm	



			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	Open Gym				
9:00 AM	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,		Cycle and Strength
11:30 AM			Table Tennis Courts Available		11:00am - 12:00pm
12:00 PM	Pickle Ball		Open Gym 6:00am - 9:15pm  Equipment available at Membership Desk		Yoga
12:30 PM	11:30 -1:30				12:15pm - 1:15pm
1:00 PM 1:30 PM		0.00am 5.15pm			
2:00 PM					+
2:30 PM			- Later to this circle in particular		+
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM	Open Gym				
6:00 PM	1:15pm - 9:15pm				ViPR Pro
6:30 PM					6:00pm - 6:45pm
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			
8:30 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	Open Gym 8:00am - 5:15pm		Handball, Table Tennis Courts Available 8:00am - 5:30pm		Zumba 10:45am - 11:30am
11:30 AM			Equipment available		Strength & Conditioning
12:00 PM		Open Gym	at Membership Desk		11:45am - 12:45pm
12:30 PM		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					



			SUNDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM		Open Gym	Causele Deaugathall		
10:00 AM		8:00am - 11:45am n	Squash, Raquetball, Handball, Table Tennis		
10:30 AM	Open Gym		Courts Available		
11:00 AM	8:00am - 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			der leitibersnip Besit		
2:00 PM					
2:30 PM	Soccer	Open Gym			
3:00 PM	2:00 pm- 3:45pm	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 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.