



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	Pickle Ball 11:30am-1:30pm	Open Gym 6:00am - 6:45pm	6:00am - 9:30pm Equipment available at Membership Desk	Queenex 12:15pm - 1:00pm	
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:45pm - 4:45pm	Badminton 7:00pm - 9:15pm			
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Soccer 5:00pm - 7:00pm			Express Circuit 5:30pm - 6:00pm	
6:00 PM					
6:30 PM					Zumba 6:30pm - 7:15pm
7:00 PM					Yoga 7:30pm - 8:30pm
7:30 PM	Open Gym 7:15pm - 9:15pm				
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								
10:00 AM								Gentle Fit 10:00am - 10:45am
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								
7:00 PM					Strength & Conditioning 6:30 - 7:15			
7:30 PM	Soccer 7:00pm- 9:15pm				Zumba 7:30pm - 8:15pm			
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				Express Circuit 5:15pm - 5:45pm			
5:30 PM							
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					Yoga 7:30pm - 8:30pm		
8:30 PM							
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		
6:30 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 11:30 - 1:30		6:00am - 9:30pm		Cycle and Strength 11:00am - 12:00pm
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					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
	Open Gym 1:15pm - 9:15pm		Equipment available at Membership Desk		ViPR Pro 6:00pm - 6:45pm

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		
8:30 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					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
		Badminton 9:00am - 11:00am	8:00am - 5:30pm		Barre 9:45am - 10:30am
		Open Gym 11:15am - 5:15pm	Equipment available at Membership Desk		Zumba 10:45am - 11:30am
					Strength & Conditioning 11:45am - 12:45pm

- 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					
1:00 PM		Volleyball 12:00 - 2:00			
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 Programming
- Drop in Recreational Sports

FACILITY HOURS

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

Saturday 8:00am - 5:30pm

Sunday 8:00am - 4:00pm

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.