



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								
1:30 PM	Open Gym 1:45pm - 4:45pm							
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	Pilates 5:30pm - 6:15pm			
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	Badminton 7:00pm - 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					
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	Open Gym 6:00am - 9:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk		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						
6:30 PM						
7:00 PM						Yoga 7:00pm - 7:45pm
7:30 PM					Zumba 8:00pm - 8:45pm	
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

THURSDAY

	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								
9:30 AM								
10:00 AM								Gentle Fit 10:00 - 10:45
10:30 AM								
11:00 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					
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					Pilates 5:30pm - 6:15pm			
6:00 PM					Strength & Conditioning 6:30 - 7:15			
6:30 PM								
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	Open Gym 1:15pm - 9:15pm		Equipment available at Membership Desk		Yoga 12:15pm - 1:15pm
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					
6:00 PM					
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		
8:30 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					

- 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 Recreational Sports
- Drop In Group Fitness
- Registered Programming

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.