

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

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM	1				
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	Open Gym				
	6:00am-11:15am				
9:00 AM	-				
9:30 AM	-				
10:00 AM	-				
10:30 AM					
11:00 AM					
12:00 PM				Queenex	
12:30 PM	Pickle Ball	Open Gym		12:15pm - 1:00pm	
1:00 PM	11:30am-1:30pm	6:00am - 6:45pm	Coursels Descuethell Llondhell		
			Squash, Raquetball, Handball,		
1:30 PM		-	Table Tennis Courts		
2:00 PM	-		Available		
2:30 PM					
	Open Gym		6:00am - 9:30pm		
3:00 PM	1:45pm - 4:45pm				
3:30 PM	1		Equipment available		
4:00 PM			at Mombowshin Deale		
4:30 PM			at Membership Desk		
5:00 PM					
				Express Circuit	
5:30 PM	Soccer			5:30pm - 6:00pm	Pilates
	5:00pm - 7:00pm			the fam ere opin	5:30pm - 6:15pm
6:00 PM					
6:30 PM					Zumba
7:00 PM					6:30pm - 7:15pm
					Yoga
7:30 PM	Open Gym	Badminton			7:30pm - 8:30pm
8:00 PM	7:15pm - 9:15pm	7:00pm - 9:15pm			
8:30 PM					
9:00 PM					
9:30 PM					
		1	I		
			TUESDAY		
	ΜΔΙΝ GYM	ΔΗΥ ΟΥΜ	TUESDAY		
	MAIN GYM	AUX GYM	TUESDAY COURTS	FITNESS FLOOR	STUDIO
6:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
6:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
6:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM	MAIN GYM	AUX GYM			STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	MAIN GYM	AUX GYM		Back to Living Well	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	MAIN GYM	AUX GYM	COURTS	Back to Living Well 9:00am - 9:45am	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	MAIN GYM	AUX GYM	COURTS	Back to Living Well 9:00am - 9:45am **Starting Oct 8 - registration	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	MAIN GYM	AUX GYM	COURTS	Back to Living Well 9:00am - 9:45am	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	MAIN GYM	AUX GYM	COURTS	Back to Living Well 9:00am - 9:45am **Starting Oct 8 - registration	STUDIO Gentle Fit
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	MAIN GYM	AUX GYM	COURTS	Back to Living Well 9:00am - 9:45am **Starting Oct 8 - registration	Gentle Fit
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 PM 12:00 PM 2:30 PM 2:30 PM 2:30 PM 2:30 PM 5:00 PM 5:30 PM 5:30 PM 6:30 PM 7:30 PM 7:30 PM	Open Gym 6:00am - 6:45pm	Open Gym	COURTS Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Back to Living Well 9:00am - 9:45am **Starting Oct 8 - registration required	Gentle Fit 10:00am - 10:45am HIIT 12:15pm - 1:00pm Strength & Conditionin 6:30 - 7:15
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 7:00 PM 7:30 PM	Open Gym 6:00am - 6:45pm	Open Gym	COURTS Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Back to Living Well 9:00am - 9:45am **Starting Oct 8 - registration required	Gentle Fit 10:00am - 10:45am HIIT 12:15pm - 1:00pm Strength & Conditionin 6:30 - 7:15 Zumba



			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			-		
9:00 AM	Open Gym				
9:30 AM	6:00am-11:15am		-		
10:00 AM	-				
10:30 AM					
11:00 AM					
11:30 AM			Squash, Raquetball,		
12:00 PM			Handball, Table Tennis		Express Core
12:30 PM	Pickle Ball		Courts Available		12:15 pm- 12:45pm
1:00 PM	11:30am-1:30pm	Open Gym	6:00am - 9:30pm		
1:30 PM		6:00am - 9:15pm			
2:00 PM					
2:30 PM			Equipment available at Membership Desk		
3:00 PM			at membership Desk		
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM	Open Gym			Express Circuit 5:15pm - 5:45pm	
6:00 PM	1:45pm - 9:15pm				
6:30 PM					
7:00 PM					Yoga
7:30 PM					7:00pm - 7:45pm
8:00 PM					
8:30 PM					Zumba 8:00pm - 8:45pm
9:00 PM					oloopin olopin
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
10:30 AM					10:00 - 10:45
11:00 AM					
11:30 AM					
12:00 PM	Open Gym		Squash, Raquetball, Handball,	Queenex	
12:30 PM	6:00am-6:45pm		Table Tennis Courts Available	12:15 pm- 1:00pm	
1:00 PM		0			
1:30 PM		Open Gym	6:00am - 9:30pm		
2:00 PM		6:00am - 9:15pm			
2:30 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM					
4:00 PM					
5:00 PM				Express Circuit	
5:30 PM				5:15pm - 5:45pm	Pilates 5:30pm - 6:15pm
6:00 PM					5.50pm-0.15pm
6:30 PM					Strength & Conditioning
7:00 PM					6:30 - 7:15
7:30 PM	Soccer				
8:00 PM	7:00pm-9:15pm				Yoga
8:30 PM	7.00pm-9.10pm				7:30pm - 8:30pm
9:00 PM					
9:30 PM					



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					Back to Living Well		
9:30 AM	6:00am-11:15pm				9:00am - 9:45am **Starting Oct 11 - registration required		
10:00 AM			-		<u> </u>		
10:30 AM			Squash, Raquetball, Handball,				
11:00 AM					Cycle and Strength		
11:30 AM			Table Tennis Courts Available		11:00am - 12:00pm		
12:00 PM	Pickle Ball				Yoga		
12:30 PM	11:30 -1:30	Open Gym 6:00am - 9:15pm	6:00am - 9:30pm		12:15pm - 1:15pm		
1:00 PM		0.00am-9.15pm	Equipment available				
1:30 PM			at Membership Desk				
2:00 PM			at Membership Desk				
2:30 PM			-				
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		Badminton 9:00am - 11:00am					
9:30 AM					Barre		
10:00 AM					9:45am - 10:30am		
10:30 AM			Squash, Raquetball,				
11:00 AM	Open Gym		Handball, Table Tennis Courts Available 8:00am - 5:30pm		Zumba 10:45am - 11:30am		
11:30 AM	8:00am - 5:15pm		•		Strength & Conditioning		
12:00 PM		Open Gym	Equipment available		11:45am - 12:45pm		
12:30 PM		11:15am - 5:15pm	at Membership Desk		11.45am - 12.45pm		
1:00 PM		11.15am - 5.15pm					
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	Squash, Raquetball, Handball, Table Tennis Courts Available				
10:00 AM		8:00am - 11:45am					
10:30 AM	Open Gym						
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							
2:00 PM	Soccer						
2:30 PM		Open Gym					
3:00 PM	2:00 pm- 3:45pm	2:15pm - 3:45					
3:30 PM							
4:00 PM							

Lane Swim Drop In Group Fitness Drop in Gym / Swim 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.