

Hamilton Downtown Family YMCA - Schedule at a Glance

January 6, 2025 - March 30, 2025

SUNDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM		Open Gym 8:00am - 11:45am	Squash, Raquetball, Handball, Table Tennis Courts Available			
8:30 AM						
9:00 AM						
9:30 AM	Open Gym 8:00am - 1:45pm					
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM			8:00am - 4:00pm Equipment available at Membership Desk			
12:00 PM		Volleyball 12:00 - 2:00				
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM	Soccer	Open Gym				
3:00 PM	2:00 pm- 3:45pm	2:15pm - 3:45pm				
3:30 PM						
4:00 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 Open Gym 6:00am-11:15am	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM					
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM					
7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM					
8:00 AM 8:30 AM 9:00 AM 9:30 AM					
8:30 AM 9:00 AM 9:30 AM					
9:00 AM 9:30 AM					
9:30 AM	0.00am-11.13am				
10:00 AM					
10:30 AM					
11:00 AM					
12:00 PM	Pickle Ball	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts	Queenex	
12:30 PM	11:30am-1:30pm			12:15pm - 1:00pm	
1:00 PM *F	*Beginners 11:30am-1230pm				
1:30 PM		6:00am - 6:45pm			
2:00 PM			Available		
2:30 PM			6.00 0.70		
3:00 PM	Open Gym 1:45pm - 4:45pm		6:00am - 9:30pm		
3:30 PM			Equipment available		
4:00 PM			Equipment available at Membership Desk		
4:30 PM			active tibership besk		
				Express Circuit 5:00pm - 5:30pm	
5:00 PM				วะบบpiii-วะวบpiii	
5:30 PM	Soccer				
	5:00pm - 7:00pm				Pilates
6:00 PM					5:45pm - 6:30pm
6:30 PM					
7:00 PM					Zumba
7:30 PM					6:45pm - 7:45pm
8:00 PM	Open Gym	Badminton			
8:30 PM	7:15pm - 9:15pm	7:00pm - 9:15pm			
9:00 PM					

			TUESDAY		
	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
			Squash, Raquetball, Handball,		10:00am - 10:45am
10:30 AM			Table Tennis Courts Available		10.00am - 10.43am
11:00 AM			6:00am - 9:30pm		
11:30 AM					
12:00 PM	Open Gym				HIIT
12:30 PM	6:00am - 6:45pm		Equipment available at Membership Desk		12:15pm - 1:00pm
1:00 PM			at Membership Desk		
1:30 PM		Open Gym	_		
2:00 PM		6:00am - 9:15pm	_		
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					Yoga
6:00 PM					5:45pm - 6:30pm
6:30 PM					
0.30 F IVI					Strength and Conditioning 6:45
			Coursely Location		pm- 7:30pm
7-00 DA4			Squash League Court 5 and 6		рш 7.50рш
7:00 PM	•		*beginners welcome		
7:30 PM	Soccer		beginners welcome		
8:00 PM	7:00pm- 9:15pm				Zumba
8:30 PM					7:45pm - 8:45pm
9:00 PM					
			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM			5555		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Open Gym				
	6:00am-11:15am				
9:30 AM					Strength and Conditioning
9.30 AIVI					Strength and Conditioning 9:15am - 10:00am
10:00 AM					Strength and Conditioning 9:15am - 10:00am
I U.UU AIVI					9:15am - 10:00am
					9:15am - 10:00am Pilates
10:30 AM					9:15am - 10:00am
10:30 AM 11:00 AM					9:15am - 10:00am Pilates
10:30 AM 11:00 AM 11:30 AM			Sand Sand S		9:15am - 10:00am Pilates 10:15am - 11:00am
10:30 AM 11:00 AM 11:30 AM 12:00 PM	Pickle Ball		Squash, Raquetball,		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:00 AM 11:30 AM 12:00 PM	Pickle Ball 11:30am-1:30pm		Handball, Table Tennis		9:15am - 10:00am Pilates 10:15am - 11:00am
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM		Onon Green			9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM		Open Gym 6:00am - 9:15pm	Handball, Table Tennis Courts Available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM		Open Gym 6:00am - 9:15pm	Handball, Table Tennis		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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			Handball, Table Tennis Courts Available 6:00am - 9:30pm		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit	9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit 5:00pm - 5:30pm	9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:00 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro
10:30 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm
10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm
10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 6:00 PM 7:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm
10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm Yoga 7:00pm - 7:45pm
10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 7:30 PM 7:30 PM 8:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm Yoga 7:00pm - 7:45pm
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	11:30am-1:30pm		Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available		9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm Yoga 7:00pm - 7:45pm





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 11:30 AM 11:30 AM 11:30 PM 1:30 PM 2:00 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM	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	Queenex 12:15 pm- 1:00pm	Gentle Fit 10:00am - 10:45am Pilates 5:45pm - 6:30pm	
7:00 PM 7:30 PM 8:00 PM	Soccer 7:00pm-9:15pm				Strength & Conditioning 6:45 - 7:30pm Yoga 7:45pm - 8:30pm	
8:30 PM 9:00 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 6:00am-11:15am					
9:00 AM	6:00am-11:15am					
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM			Squash, Raquetball, Handball,			
12:00 PM	Pickle Ball 11:30am -1:30pm		Table Tennis Courts Available 6:00am - 9:15pm		Cycle	
12:30 PM					12:15pm - 1:00pm	
1:00 PM	-	Open Gym			Yoga	
1:30 PM		6:00am - 9:15pm			1:15pm - 2:00pm	
2:00 PM	-		Equipment available —			
2:30 PM			at Membership Desk			
3:00 PM						
3:30 PM	1					
4:00 PM						
5:00 PM	0					
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						



			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 9:00am - 11:00am			Barre
10:00 AM					9:30am - 10:15am
10:30 AM			Squash, Raquetball,		Zumba
11:00 AM	Open Gym 8:00am - 5:15pm		Handball, Table Tennis Courts Available 8:00am - 5:15pm		10:30am - 11:30am
11:30 AM			F		Strength & Conditioning
12:00 PM			Equipment available		11:45am - 12:45pm
12:30 PM		Open Gym	at Membership Desk		11. 15um 12. 15pm
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					

	Drop In Group Fitness	Registered Programming	Diop 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:

Lane Swim

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.

Drop in Gym / Swim

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.