



Hamilton Downtown Family YMCA - Schedule at a Glance

January 6, 2025 - March 30, 2025

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					
1:30 PM					
2:00 PM	Soccer 2:00 pm- 3:45pm	Open Gym 2:15pm - 3:45pm			
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

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 6:00am - 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					
12:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am-12:30pm			Queenex 12:15pm - 1:00pm	
12:30 PM					
1:00 PM	Open Gym 1:45pm - 4:45pm				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Soccer 5:00pm - 7:00pm				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Open Gym 7:15pm - 9:15pm	Badminton 7:00pm - 9:15pm		Express Circuit 5:00pm - 5:30pm	
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					Pilates 5:45pm - 6:30pm
7:30 PM					Zumba 6:45pm - 7:45pm
8:00 PM					
8:30 PM					
9:00 PM					

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Programming
- Drop in Recreational Sports

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 6:00am - 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								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					Yoga 5:45pm - 6:30pm			
6:00 PM								
6:30 PM					Strength and Conditioning 6:45 pm- 7:30pm			
7:00 PM	Soccer 7:00pm- 9:15pm		Squash League Court 5 and 6 *beginners welcome					
7:30 PM								
8:00 PM						Zumba 7:45pm - 8:45pm		
8:30 PM								
9:00 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								Strength and Conditioning 9:15am - 10:00am
9:30 AM								
10:00 AM								Pilates 10:15am - 11:00am
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	Open Gym 1:45pm - 9:15pm							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
5:00 PM					Express Circuit 5:00pm - 5:30pm			
5:30 PM								
6:00 PM						VI PR Pro 6:00pm - 6:45pm		
6:30 PM								
7:00 PM					Yoga 7:00pm - 7:45pm			
7:30 PM								
8:00 PM								
8:30 PM					Zumba 8:00pm - 8:45pm			
9:00 PM								



Lane Swim
Drop In Group Fitness

Drop in Gym / Swim
Registered Aquatic Leadership Programs

Drop in Recreational Sports

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		
6:30 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					
12:00 PM				Queenex 12:15 pm- 1:00pm	
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM			6:00am - 9:30pm		
3:00 PM			Equipment available at Membership Desk		
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
6:00 PM					Pilates 5:45pm - 6:30pm
6:30 PM					
7:00 PM					Strength & Conditioning 6:45 - 7:30pm
7:30 PM	Soccer 7:00pm-9:15pm				
8:00 PM					Yoga 7:45pm - 8:30pm
8:30 PM					
9:00 PM					

FRIDAY						
	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			
6:30 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				Cycle 12:15pm - 1:00pm	
12:00 PM					Yoga 1:15pm - 2:00pm	
12:30 PM						
1:00 PM						
1:30 PM	Open Gym 1:15pm - 9:15pm		6:00am - 9:15pm			
2:00 PM			Equipment available at Membership Desk			
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
5:30 PM						
6:00 PM						ViPR Pro 6:00pm - 6:45pm
6:30 PM						
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 8:00am - 5:15pm	Open Gym 8:00am - 8:45am	Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 5:15pm Equipment available at Membership Desk			
8:30 AM						
9:00 AM						
9:30 AM				Badminton 9:00am - 11:00am		
10:00 AM						Barre 9:30am - 10:15am
10:30 AM						
11:00 AM						Zumba 10:30am - 11:30am
11:30 AM						
12:00 PM						
12:30 PM						Strength & Conditioning 11:45am - 12:45pm
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 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.