



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 - 10:00am	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	Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm	Early On 10:00am - 11:00am			
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					
4:30 PM					
5:00 PM	Open Gym 1:45pm - 9:15pm	Open Gym 11:00m - 6:45pm		Express Circuit 5:00pm - 5:30pm	
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
		Badminton 7:00pm - 9:15pm			Pilates 5:45pm - 6:30pm
					Zumba 6:45pm - 7:45pm

- 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 - 10:00am	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								Gentle Fit 10:00am - 10:45am
10:30 AM					Early On 10:00am - 11:00am			
11:00 AM		Open Gym 11:00am - 9:15pm	6:00am - 9:30pm Equipment available at Membership Desk					
11:30 AM							HIIT 12:15pm - 1:00pm	
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					Yoga 5:45pm - 6:30pm			
6:00 PM								
6:30 PM								
7:00 PM	Soccer 7:00pm- 9:15pm		Squash League Court 5 and 6 *beginners welcome		Strength and Conditioning 6:45 pm- 7:30pm			
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 - 10:00am	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								Strength and Conditioning 9:15am - 10:00am
10:00 AM					Early On 10:00am - 11:00am			
10:30 AM								Pilates 10:15am - 11:00am
11:00 AM		Open Gym 11:00am - 9:15pm	6:00am - 9:30pm Equipment available at Membership Desk					
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	Open Gym 1:45pm - 9:15pm							
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						ViPR 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 - 10:00am	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					Early On 10:00am - 11:00am		
10:30 AM							Gentle Fit 10:00am - 10:45am
11:00 AM		Open Gym 11:00am - 9:15pm	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							
3:00 PM							
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	Soccer 7:00pm-9:15pm				Strength & Conditioning 6:45 - 7:30pm		
7:30 PM							
8:00 PM					Yoga 7:45pm - 8:45pm		
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 - 10:00am	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					Early On 10:00am - 11:00am		
10:30 AM							
11:00 AM		Open Gym 11:00am - 9:15pm	6:00am - 9:15pm Equipment available at Membership Desk				
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							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
5:00 PM	Open Gym 1:15pm - 9:15pm						
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				Open Gym 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						

- 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.
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- 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.
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- 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.