

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						
8:30 AM						
9:00 AM						
9:30 AM	Open Gym 8:00am - 1:45pm	Open Gym				
10:00 AM		8:00am - 11:45am	Squash, Raquetball,			
10:30 AM			Handball, Table Tennis Courts Available			
11:00 AM			Codi Grivalabic			
11:30 AM			8:00am - 4:00pm			
12:00 PM		Volleyball	Equipment available at Membership Desk			
12:30 PM						
1:00 PM		12:00 - 2:00				
1:30 PM						
2:00 PM	Soccer					
2:30 PM		Open Gym				
3:00 PM	2:00 pm- 3:45pm	2:15pm - 3:45pm				
3:30 PM						
4:00 PM						

MONDAY				
MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
	Open Gym 6:00am - 10:00am			
Open Gym				
0.00am-11.13am				
	10:00am - 11:00am			
Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm			Queenex	
		Squash, Raquetball, Handball, Table Tennis Courts Available	12:15pm - 1:00pm	
	_			
		6:00am - 9:50pm		
	Open Gym	Equipment available		
	11:00m - 6:45pm			
		at Membership besk		
			Evenyore Civersit	
Open Gym			5:00pm-5:30pm	
1:45pm - 9:15pm				
				Pilates
				5:45pm - 6:30pm
				Zumba
	Badminton			6:45pm - 7:45pm
	7:00pm - 9:15pm			
	Open Gym 6:00am-11:15am Pickle Ball 11:30am-1:30pm *Beginners 11:30am-	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm Open Gym 11:00m - 6:45pm Open Gym 1:45pm - 9:15pm	Open Gym 6:00am-11:15am Early On 10:00am - 11:00am Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm Open Gym 11:00m - 6:45pm Open Gym 1:45pm - 9:15pm COURTS COURTS COURTS Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk	Open Gym 6:00am - 10:00am Pickle Ball 11:30am - 130pm *Beginners 11:30am 1230pm Open Gym 11:00m - 6:45pm Open Gym 1:45pm - 9:15pm Open Gym 1-45pm - 9:15pm

			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM		Open Gym			
8:00 AM	Early On	6:00am - 10:00am			
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM		Early On	Squash, Raquetball, Handball,		Gentle Fit
10:30 AM		10:00am - 11:00am	Table Tennis Courts Available		10:00am - 10:45am
11:00 AM					
11:30 AM			6:00am - 9:30pm		
12:00 PM	Open Gym				HIIT
12:30 PM	6:00am - 6:45pm		Equipment available		12:15pm - 1:00pm
1:00 PM			at Membership Desk		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM		Open Gym			
3:30 PM					
4:00 PM					
5:00 PM		11:00am - 9:15pm			
5:30 PM					Yoga
6:00 PM					5:45pm - 6:30pm
6:30 PM			_		
					Strength and Conditioning 6:45
			Squash League		pm- 7:30pm
7:00 PM			Court 5 and 6		
7:30 PM	Soccer		*beginners welcome		
8:00 PM	7:00pm- 9:15pm				Zumba
8:30 PM					7:45pm - 8:45pm
9:00 PM			_		
2.001.111			WEDNESDAY		<u> </u>
	MAIN GYM		WEDNESDAT		
			COLIDATO	FITHERS FLOOR	CTUDIO
	MAINGTM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	MAINGIM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:30 AM	MAIN GTM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM	MAINGTM		COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM	MAINGTM	Open Gym	COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM			COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM	Open Gym	Open Gym	COURTS	FITNESS FLOOR	STUDIO
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM		Open Gym	COURTS	FITNESS FLOOR	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Open Gym	COURTS	FITNESS FLOOR	STUDIO Strength and Conditioning 9:15am - 10:00am
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym	Open Gym 6:00am - 10:00am	COURTS	FITNESS FLOOR	Strength and Conditioning
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Open Gym 6:00am - 10:00am Early On	COURTS	FITNESS FLOOR	Strength and Conditioning
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Open Gym 6:00am - 10:00am	COURTS	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Open Gym 6:00am - 10:00am Early On	COURTS	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym	Open Gym 6:00am - 10:00am Early On	COURTS	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates
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	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On		FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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 11:30 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On	Squash, Raquetball, Handball, Table Tennis	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On	Squash, Raquetball,	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On	Squash, Raquetball, Handball, Table Tennis Courts Available	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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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 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:00 PM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	FITNESS FLOOR	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core
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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 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM	Open Gym 6:00am-11:15am Pickle Ball 11:30am-1:30pm	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm
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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 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 6:00 PM	Open Gym 6:00am-11:15am Pickle Ball 11:30am-1:30pm	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit	Strength and Conditioning 9:15am - 10:00am Pilates 10:15am - 11:00am Express Core 12:15 pm- 12:45pm ViPR Pro 6:00pm - 6:45pm
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 7:00 PM 7:30 PM	Open Gym 6:00am-11:15am Pickle Ball 11:30am-1:30pm	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit	Strength and Conditioning 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
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 12:30 PM 2:00 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:00 PM 7:00 PM	Open Gym 6:00am-11:15am Pickle Ball 11:30am-1:30pm	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Express Circuit	Strength and Conditioning 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 Open Gym 7:30 AM 6:00am - 10:00am 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM Early On Gentle Fit 10:00am - 10:45am 10:00am - 11:00am 10:30 AM 11:00 AM 11:30 AM 12:00 PM Queenex Open Gym 12:15 pm-1:00pm 12:30 PM 6:00am-6:45pm Squash, Raquetball, Handball, 1:00 PM Table Tennis Courts Available 1:30 PM 2:00 PM 6:00am - 9:30pm Equipment available 3:30 PM at Membership Desk 4:00 PM 5:00 PM Open Gym 5:30 PM 11:00am - 9:15pm **Pilates** 5:45pm - 6:30pm 6:00 PM 6:30 PM Strength & Conditioning 6:45 - 7:30pm 7:00 PM 7:30 PM Soccer 7:00pm-9:15pm Yoga 8:00 PM 7:45pm - 8:45pm 8:30 PM 9:00 PM

			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM		Open Gym 6:00am - 10:00am			
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	Open Gym				
9:00 AM	6:00am-11:15am				
9:30 AM					
10:00 AM		Early On			
10:30 AM		10:00am - 11:00am			
11:00 AM					
11:30 AM	Pickle Ball 11:30am -1:30pm		Squash, Raquetball, Handball,		
12:00 PM			Table Tennis Courts Available		Cycle
12:30 PM					12:15pm - 1:00pm
1:00 PM			6:00am - 9:15pm		Yoga
1:30 PM		1			1:15pm - 2:00pm
2:00 PM			Equipment available		•
2:30 PM			at Membership Desk		
3:00 PM					
3:30 PM		Open Gym			
4:00 PM		11:00am - 9:15pm			
5:00 PM					
5:30 PM	Open Gym 1:15pm - 9:15pm				
6:00 PM	TTOPIII - 9.TOPIII				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			Barre
10:00 AM		9:00am - 11:00am			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		0	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 HO	DURS		
	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.