







Shine On

# Hamilton Downtown Family YMCA - Schedule at a Glance

March 31 2025 - June 29, 2025

SUNDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM	Open Gym 8:00am - 1:45pm	Volleyball 8:00am - 10:30am	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		Open Gym 10:45am - 3:45pm				
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
	Soccer 2:00 pm- 3:45pm					

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		Early On 10:00am - 11:00am			
11:30 AM					
12:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm	Open Gym 11:00m - 6:45pm		Queenex 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					
4:30 PM					
5:00 PM	Open Gym 1:45pm - 9:15pm	Badminton 7:00pm - 9:15pm		Wellness Orientation 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					

	Drop In Rec Sports		Drop in Gym
	Drop In Group Fitness		Registered Programming

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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  6:00am - 9:30pm  Equipment available at Membership Desk					
7:00 AM								
8:00 AM								
9:00 AM								
9:30 AM								
10:00 AM				Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am	
10:30 AM								
11:00 AM				Open Gym 11:00am - 9:15pm				
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								
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  6:00am - 9:30pm  Equipment available at Membership Desk					
7:00 AM								
8:00 AM								
9:00 AM								
9:30 AM							Ball Fit 9:15am - 10:00am	
10:00 AM				Early On 10:00am - 11:00am			Pilates 10:15am - 11:00am	
10:30 AM								
11:00 AM				Open Gym 11:00am - 4:15pm				
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								
3:00 PM	Open Gym 1:45pm - 5:45pm							
3:30 PM								
4:00 PM								
4:30PM						Wellness Orientation 5:00pm - 5:30pm		
5:00 PM			Newcomer Youth Centre 4:30 - 6:00pm April 2 - May 21					
5:30 PM								
6:00 PM	Pickle Ball 6:00pm - 8:00pm	Open Gym 6:15pm - 9:15pm			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	Open Gym 8:00pm - 9:15pm					Zumba 8:00pm - 8:45pm		
8:30 PM								
9:00 PM								

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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  6:00am - 9:30pm  Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
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3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
6:00pm					
6:30 PM					
7:00 PM	Soccer 7:00pm-9:15pm	Open Gym 6:15 pm- 9:15pm			Yoga 6:15am - 7:00am
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
					Gentle Fit 10:00am - 10:45am
					Express Circuit 12:15 pm- 1:00pm
					Pilates 5:45pm - 6:30pm
					Strength & Conditioning 6:45 - 7:30pm
					Yoga 7:45pm - 8:45pm

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  6:00am - 9:15pm  Equipment available at Membership Desk		
7:00 AM					
8:00 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	Pickle Ball 11:30am -1:30pm	Open Gym 11:00am - 6:45pm			Cycle 12:15pm - 1:00pm
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					
6:00 PM	Open Gym 1:15pm - 9:15pm	Badminton 7:00pm - 9:15pm			Yoga 1:15pm - 2:00pm
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
					ViPR Pro 6:00pm - 6:45pm

# Hamilton Downtown Family YMCA - Schedule at a Glance

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SATURDAY								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
8:00 AM	Open Gym 8:00am - 5:15pm	Badminton 8:00am - 11:00am	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						Barre 9:30am - 10:15am		
10:00 AM								
10:30 AM				Open Gym 11:15am - 3:15pm			Zumba 10:30am - 11:30am	
11:00 AM								
11:30 AM								Strength & Conditioning 11:45am - 12:45pm
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM		Volleyball 3:30pm - 5:15pm						
4:00 PM								
5:00 PM								
5:30 PM								

### 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.