

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						
8:30 AM						
9:00 AM		Volleyball 8:00am - 10:30am				
9:30 AM		8.00am - 10.50am				
10:00 AM		Open Gym 8:00am - 1:45pm	Squash, Raquetball, Handball, Table Tennis			
10:30 AM				Courts Available		
11:00 AM	8:00am - 1:45pm					
11:30 AM	-	8:00am - 4:00pm				
12:00 PM						
12:30 PM		Open Gym	Equipment available at Membership Desk			
1:00 PM		10:45am - 3:45pm				
1:30 PM			•			
2:00 PM						
2:30 PM	Soccer	Soccer				
3:00 PM	2:00 pm- 3:45pm					
3:30 PM						
4:00 PM						

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	-	Open Gym 6:00am - 10:00am			
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM	Open Gym				
8:30 AM	6:00am-11:15am		-		
9:00 AM			-		
9:30 AM			-		
10:00 AM		Early On	-		
10:30 AM		10:00am - 11:00am			
11:00 AM					
12:00 PM	Pickle Ball			Queenex	
12:30 PM	11:30am-1:30pm *Beginners 11:30am-		Squash, Raquetball, Handball,	12:15pm - 1:00pm	
1:00 PM					
1:30 PM	1230pm		Table Tennis Courts Available		
2:00 PM			Available		
2:30 PM			6:00am - 9:30pm		
3:00 PM		Open Gym 11:00m - 6:45pm			
3:30 PM			Equipment available		
4:00 PM			at Membership Desk		
4:30 PM					
				Wellness Orientation	
5:00 PM	Open Gym			5:00pm - 5:30pm	
5:30 PM	1:45pm - 9:15pm				
5:50 PM					Pilates
					5:45pm - 6:30pm
6:00 PM					3.45pm-0.50pm
6:30 PM					
7:00 PM					Zumba
7:30 PM		Badminton			6:45pm - 7:45pm
8:00 PM		7:00pm - 9:15pm			
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 7:00 AM 8:00 AM 9:00 AM 9:30 AM		Open Gym 6:00am - 10:00am			
10:00 AM 10:30 AM		Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM	Open Gym 6:00am - 6:45pm	Open Gym 11:00am - 9:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk		HIIT 12:15pm - 1:00pm
6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM	Soccer 7:00pm- 9:15pm		Squash League Court 5 and 6 *beginners welcome		Strength and Conditioning 6:45 pm- 7:30pm Zumba 7:45pm - 8:45pm

			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	_				
7:00 AM					
8:00 AM		Open Gym			
9:00 AM	Open Gym 6:00am-11:15am	6:00am - 10:00am			
9:30 AM					Ball Fit 9:15am - 10:00am
10:00 AM		Early On 10:00am - 11:00am			Pilates
10:30 AM		10:00am - 11:00am			10:15am - 11:00am
11:00 AM			1		
11:30 AM	Pickle Ball 11:30am-1:30pm				
12:00 PM			Squash, Raquetball, Handball, Table Tennis Courts Available		Express Core
12:30 PM		Open Gym - 11:00am - 4:15pm			12:15 pm- 12:45pm
1:00 PM					
1:30 PM					
2:00 PM		11.00am - 4.15pm			
3:00 PM			6:00am - 9:30pm		
3:30 PM			Equipment available at Membership Desk		
4:00 PM	Open Gym				
4:30PM	1:45pm - 5:45pm				
5:00 PM		Newcomer Youth Centre 4:30 - 6:00pm		Wellness Orientation 5:00pm - 5:30pm	
5:30 PM		April 2 - May 21			
6:00 PM	Pickle Ball				ViPR Pro 6:00pm - 6:45pm
6:30 PM	Pickle Ball 6:00pm - 8:00pm				
7:00 PM		Open Gym			Yoga
7:30 PM					7:00pm - 7:45pm
8:00 PM		6:15pm - 9:15pm			
	Open Gym				Zumba
8:30 PM	8:00pm - 9:15pm				8:00pm - 8:45pm
9:00 PM					



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			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	_	Open Gym			Yoga
6:30 AM					6:15am - 7:00am
7:00 AM					
7:30 AM		6:00am - 10:00am			
8:00 AM			_		
8:30 AM			_		
9:00 AM			_		
9:30 AM			_		
10:00 AM		Early On 10:00am - 11:00am	-		Gentle Fit 10:00am - 10:45am
11:00 AM					
11:30 AM					
12:00 PM			Squash, Raquetball, Handball, Table Tennis Courts Available		Express Circuit
12:30 PM		Open Gym			12:15 pm- 1:00pm
1:00 PM	-	11:00am - 3:45pm	6:00am - 9:30pm		
1:30 PM					
2:00 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM					
4:00 PM		Mana a su			
5:00 PM		Volleyball 4:00 pm- 6:00pm			
5:30 PM		4.00 pm- 0.00pm			Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
7:00 PM	0	Open Gym			Strength & Conditioning 6:45 - 7:30pm
7:30 PM	Soccer	6:15 pm- 9:15pm			
	7:00pm-9:15pm				
8:00 PM	7.00pm-9.10pm				Yoga
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM	Open Gym 6:00am - 10:00am	Open Gym	-		
8:00 AM					
9:00 AM	Open Gym				
9:30 AM	6:00am-11:15am				
10:00 AM		Early On			
10:30 AM		10:00am - 11:00am			
11:00 AM			Squash, Raquetball, Handball, Table Tennis Courts Available –		
11:30 AM					
12:00 PM	Pickle Ball		6:00am - 9:15pm		Cycle
12:30 PM	11:30am -1:30pm				12:15pm - 1:00pm
1:00 PM			Equipment available		Yoga
1:30 PM			at Membership Desk		1:15pm - 2:00pm
2:00 PM		Open Gym			
2:30 PM		11:00am - 6:45pm			
3:00 PM	-				
3:30 PM					
4:00 PM					
5:00 PM					
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		Badminton			
8:00 PM		7:00pm - 9:15pm			
8:30 PM					
9:00 PM					



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			SATURDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM		Badminton 8:00am - 11:00am			Barre 9:30am - 10:15am
10:30 AM	Onon Cum	Open Gym 8:00am - 5:15pm 0pen Gym 11:15am - 3:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available		Zumba 10:30am - 11:30am
11:30 AM 12:00 PM 12:30 PM 1:00 PM			8:00am - 5:15pm Equipment available at Membership Desk		Strength & Conditioning 11:45am - 12:45pm
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM		Volleyball			
5:00 PM		3:30pm - 5:15pm			
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) 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.