



SCHEDULE

MONDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Swim 7:00-7:45 Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Lane Swim 10:00-10:45
	Pickleball 12:00-1:00 1:15-2:15		Strength & Conditioning 12:15-1:15			
PM		Closed	Yoga 6:45-7:45			Lane Swim 3:00-3:45 Lane Swim 4:00-4:45 Lane Swim 5:00-5:45 Lane Swim 6:00-6:45

TUESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Swim 7:00-7:45 Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Lane Swim 10:00-10:45
	Pickleball 12:00-1:00 1:15-2:15		HIIT 12:15-1:15			Lane Swim 11:00-11:45
PM		Closed	Strength & Conditioning 6:45-7:45			Lane Swim 5:00-5:45 Lane Swim 6:00-6:45

WEDNESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Swim 7:00-7:45 Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Hydro Therapy 10:00-10:45
	Pickleball 12:00-1:00 1:15-2:15		Hiit 12:15-1:15			Lane Swim 11:00-11:45
PM		Closed	Yoga 6:45-7:45			12:00-12:45 Lane Swim 1:00-1:45

THURSDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Lane Swim 9:00-9:45 Lane Swim 10:00-10:45 Lane Swim 11:00-11:45
	Pickleball 12:00-1:00 1:15-2:15		Strength & Conditioning 12:15-1:15			
PM		Closed	Strength & Conditioning 6:45-7:45			Lane Swim 3:00-3:45 Lane Swim 4:00-4:45 Lane Swim 5:00-5:45 Lane Swim 6:00-6:45

FRIDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Swim 7:00-7:45 Lane Swim 8:00-8:45 Lane Swim 9:00-9:45
	Pickleball 12:00-1:00 1:15-2:15		Cycle Fit 12:15-1:15			
PM		Closed	Yoga 6:45-7:45			Lane Swim 3:00-3:45 Lane Swim 4:00-4:45 Lane Swim 5:00-5:45 Lane Swim 6:00-6:45

SATURDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Lane Swim 10:00-10:45
			Boot Camp 11:45-12:45			Lane Swim 11:00-11:45
PM		Closed				Lane Swim 12:00-12:45 Lane Swim 1:00-1:45

SUNDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
AM		Closed				Lane Swim 10:00-10:45 Lane Swim 11:00-11:45
			Hiit Class 11:45-12:45			
PM		Closed				Lane Swim 12:00-12:45 Lane Swim 1:00-1:45

SWIM LESSON INFORMATION

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons.

Children Under 10 years of age

- Adult or guardian (min. 14 yrs), must be in facility
- Must be signed in and out of Swim Lesson by adult or guardian (min. 14 yrs)

For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit ymcahbb.ca.

Reporting Absences: Please notify us if your child will be absent for more than 3 consecutive weeks in a row. Three missed classes will result in withdrawal from the class. Absences can be reported by email: hamilton.absence@ymcahbb.ca

Recreational Swimming - Aquatic Admission Criteria¹

0-6 yrs - Must be supervised by an adult or guardian (min. 14 yrs) in the water.
Max 2:1 ratio

7-9 yrs - If unable to pass a facility swim test, must be supervised by a guardian (min. 14 yrs of age) in the water (2:1 ratio). If able to successfully pass the facility swim test, children may swim independently. Adult or guardian (min. 14 years of age) must be on pool deck.

10 + yrs are welcome to use the pool, subject to their swimming abilities.

79 James Street South
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hamilton.membership@ymcahbb.ca
www.ymcahbb.ca

Facility Hours:

Mon-Fri: 6am to 8pm
Saturday: 8am to 2pm
Sunday: 8am to 2pm
Holiday: 8am to 2pm