



FALL SCHEDULE

MONDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED		Gentle Fit 11:00-11:45			Lane Swim 7:00-8:00 Lane Swim 8:15-9:15 AquaFit 9:45-10:30 Lane Swim 11:00-12:00
PM	CLOSED	CLOSED	Cycle Fit 12:15-1:00	HIIT 12:15-1:00			Lane Swim 12:15-1:15 Lane Swim 1:30-2:30 Lane Swim 2:45-3:45 Lane Swim 4:00-5:00 Lane Swim 5:15-6:15 Lane Swim 6:30-7:00
				Yoga 6:30-7:15			

TUESDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 7:00-8:00 Lane Swim 8:15-9:15 Hydrotherapy 9:45-10:30 Lane Swim 11:00-12:00
PM	CLOSED	CLOSED	CycleFit 12:15-1:00				Lane Swim 12:15-1:15 Lane Swim 1:30-2:30 Lane Swim 2:45-3:45 Lane Swim 4:00-5:00 Lane Swim 5:15-6:15 Lane Swim 6:30-7:00
				Balance+ 11:00-11:45			
				Zumba 6:30-7:15			

WEDNESDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 7:00-8:00 Lane Swim 8:15-9:15 AquaFit 9:45-10:30 Lane Swim 11:00-12:00
PM	CLOSED	CLOSED					Lane Swim 12:15-1:15 Lane Swim 1:30-2:30 Lane Swim 2:45-3:45 Lane Swim 4:00-5:00 Lane Swim 5:15-6:15 Lane Swim 6:30-7:00
				Gentle Fit 11:00-11:45			
				Total Body Tone 12:15-1:00			
				Yoga 6:30-7:15			

THURSDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 7:00-8:00 Lane Swim 8:15-9:15 Hydrotherapy 9:45-10:30 Lane Swim 11:00-12:00
PM	CLOSED	CLOSED	Cycle Fit 12:15-1:00				Lane Swim 12:15-1:15 Lane Swim 1:30-2:30 Lane Swim 2:45-3:45 Lane Swim 4:00-5:00 Lane Swim 5:15-6:15 Lane Swim 6:30-7:00
				Balance+ 11:00-11:45			
				Zumba 6:30-7:15			

FRIDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 7:00-8:00 Lane Swim 8:15-9:15 9:45-10:30 Lane Swim 11:00-12:00
PM	CLOSED	CLOSED	Cycle Fit 12:15-1:00	Yoga 6:30-7:15			Lane Swim 12:15-1:15 Lane Swim 1:30-2:30 Lane Swim 2:45-3:45 Lane Swim 4:00-5:00 Lane Swim 5:15-6:15 Lane Swim 6:30-7:00

SATURDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 8:00-9:00 Lane Swim 9:15-10:15 Lane Swim 10:40-11:30
PM	CLOSED	CLOSED					Lane Swim 11:45-12:45 Lane Swim 1:00-2:00
				Bootcamp 12:00-12:45			

SUNDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	CLOSED	CLOSED					Lane Swim 8:00-9:00 Lane Swim 9:15-10:15 Lane Swim 10:40-11:30
PM	CLOSED	CLOSED					Lane Swim 11:45-12:45 Lane Swim 1:00-2:00
				Core Strength 12:00-12:45			

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