



Hamilton Downtown Family YMCA • October 2020

SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

	Main Gym	Auxiliary Gym	Studios		Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC			
AM	Pickleball 9:00-10:00	Rec Basketball 10:15-11:15					Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Lane Swim 10:00-10:45 Lane Swim 11:00-11:45
	Pickleball 10:15-11:15						
PM	Rec Basketball 12:30-1:30	Rec Basketball 12:30-1:30		Bootcamp 12:00-12:45			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	Rec Basketball 10:15-11:15	Rec Basketball 10:15-11:15					Lane Swim 8:00-8:45 Lane Swim 9:00-9:45 Lane Swim 10:00-10:45 Lane Swim 11:00-11:45
PM	Rec Basketball 12:30-1:30	Rec Basketball 12:30-1:30		Core Strength 12:00-12:45			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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fax: 905-529-6682
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