



Hamilton Downtown Family YMCA • January 5, 2020 - March 28, 2020

WINTER SCHEDULE

MONDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am	Open Gym 5:30-11:00	Open Gym 5:30-4:00				Public Lane Swim 5:30-9:55
6:00 am						
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						AquaFit 10:00-10:45
11:00 am			Gentle Fit 11:15-12:00			Open Swim (1 lane) 11:00-11:55
11:30 am						Lane Swim 12:00-12:55
12:00 pm	Pickleball (1 court) 11:00-2:30		12:15-1:00	Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00	
12:30 pm						Open Swim (1 lane) 1:00-3:00
1:00 pm						Public Open Swim (1 lane) 3:00-4:25
1:30 pm	Open Gym 2:30-6:00	Table Tennis (2 tables) 4:00-6:00				
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						Lane Swim 4:30-5:55
4:30 pm						Community Rental 6:00-7:30
5:00 pm	Pickleball (4 courts) 6:00-8:00	Y Kids 6:00-8:15				Public Open Swim (1 lane) 7:35-8:30
5:30 pm						
6:00 pm						Lane Swim 8:35-10:00
6:30 pm	Open Gym 8:00-10:00	Table Tennis (2 tables) 8:30-10:00				
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
9:30 pm						
9:30 pm						
10:00 pm						

TUESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am	Open Gym 5:30-11:00	Open Gym 5:30-4:00				Public Lane Swim 5:30-9:25
6:00 am						
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						Hydrotherapy 9:30-10:15
11:00 am			Balance+ 11:00-12:00			Open Swim (1 lane) 10:20-10:55
11:30 am						Lane Swim 11:00-12:00
12:00 pm	Pickleball (1 court) 11:00-3:30		12:15-1:00	Zumba* 12:15-1:15	TRX 12:15-12:45	Masters Swim 12:00-12:55
12:30 pm						Public Open Swim (1 lane) 1:00-3:00
1:00 pm						Lane Swim 3:00-4:30
1:30 pm	Open Gym 3:30-10:00	Table Tennis (2 tables) 4:00-6:00				
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						Open Swim (1 lane) 4:35-5:55
4:30 pm						Swim Lessons (Reg) 6:00-7:45
5:00 pm						Adult Swim Lessons 7:45-8:30
5:30 pm						Public Lane Swim 8:35-10:00
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

WEDNESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am	Open Gym 5:30-11:00	Open Gym 5:30-4:00				Public Lane Swim 5:30-9:55
6:00 am						
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						AquaFit 10:00-10:45
11:00 am						Open Swim (1 lane) 11:00-11:55
11:30 am			Gentle Fit 11:15-12:00			Lane Swim 12:00-12:55
12:00 pm	Pickleball (1 court) 11:00-2:30		12:15-1:00	Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00	
12:30 pm						Open Swim (1 lane) 1:00-3:00
1:00 pm						Public Open Swim (1 lane) 3:00-4:25
1:30 pm	Open Gym 2:30-6:00	Table Tennis (2 tables) 4:00-6:00				
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						Lane Swim 4:30-5:55
4:30 pm						Open Swim (1 lane) 6:00-6:55
5:00 pm						H2O Leaders (Reg) ** 6:00-6:45
5:30 pm						Open Swim (1 lane) 6:00-6:55
6:00 pm						Aqua Zumba 7:00-7:45
6:30 pm	Pickleball (4 courts) 6:00-9:00	Y Kids 6:00-8:15				Public Open Swim (1 lane) 7:50-8:30
7:00 pm						
7:30 pm						Lane Swim 8:35-10:00
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

THURSDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am	Open Gym 5:30-11:00	Open Gym 5:30-4:00				Public Lane Swim 5:30-9:25
6:00 am						
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						Hydrotherapy 9:30-10:15
11:00 am						Open Swim (1 lane) 10:20-10:55
11:30 am						Lane Swim 11:00-12:00
12:00 pm	Pickleball (1 court) 11:00-3:30		12:15-1:00	HITT 12:15-1:00		Masters Swim 12:00-12:55
12:30 pm						Public Open Swim (1 lane) 1:00-3:00
1:00 pm						Lane Swim 3:00-4:30
1:30 pm	Open Gym 3:30-6:00	Table Tennis (2 tables) 4:00-6:00				
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						Open Swim (1 lane) 4:30-5:55
4:30 pm						Swim Lessons (Reg) 6:00-7:45
5:00 pm						Adult Swim Lessons 7:45-8:30
5:30 pm						Public Lane Swim 8:35-10:00
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

FRIDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am	Open Gym 5:30-11:30	Open Gym 5:30-11:00				Public Lane Swim 5:30-9:55
6:00 am						
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						AquaFit 10:00-10:45
11:00 am						Open Swim (1 lane) 11:00-11:55
11:30 am	Adult Sports (Pick-Up Basketball) 11:30-1:30	Pickleball (1 court) 11:00-2:00	12:15-1:00	Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00	Lane Swim 12:00-12:55
12:00 pm						
12:30 pm						Public Open Swim (1 lane) 3:00-4:25
1:00 pm	Open Gym 1:30-10:00	Table Tennis (1 table) 3:00-5:30				
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Lane Swim 4:30-5:55
4:00 pm						Public Open Swim (1 lane) 6:00-8:30
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

SATURDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
7:00 am	Open Gym 7:00-12:00	Open Gym 7:00-9:30				Public Lane Swim 7:00-9:10
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm						Swim Lessons (Reg) 9:15-11:00
12:30 pm						Community Rental (Jan-Mar) 1:00-1:30
1:00 pm	Pickleball (4 courts) 12:00-3:00	Kid Fit 12:30-1:30				
1:30 pm						
2:00 pm						Aquatic Leadership (Reg) (1 lane) 1:30-3:30
2:30 pm	Open Gym 3:00-8:00	Table Tennis (2 tables) 5:00-8:00				
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						Public Open Swim (1 lane) 3:30-6:55
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						

Leader Corps (Reg.) 12:30-1:30pm Location: Paddy Cline Room

SUNDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT	AEROBIC		
8:00 am	Open Gym 8:00-1:00	Open Gym 8:00-10:30				Public Lane Swim 8:00-12:00
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						Public Open Swim (1 lane) 12:00-3:00
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						

Legend: Adult (13+) Program Supervised Program Open

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
Hamilton, Ontario L8P 2Z1
phone: 905-529-7102
fax: 905-529-6682
hamilton.membership@ymcahbb.ca
www.ymcahbb.ca

Facility Hours:
M - F: 5:30am - 10:00pm
Saturday: 7:00am - 8:00pm
Sunday: 8:00am - 6:00pm
Holidays: 8:00am - 5:00pm
(unless otherwise stated)

Looking for greater results, a new challenge or need some motivation? YMCA Personal Trainers



Hamilton Downtown Family YMCA MEMBERSHIP INFORMATION



Benefits of YMCA Membership:

YMCA Membership is about total health in spirit, mind and body. As a member at one of Canada's leading charitable organizations, adults and students can also look forward to these membership benefits:

- Complimentary YMCA Fitness Coaching. Our coaches will help ease your entry into fitness, assist you in setting realistic wellness goals and provide basic equipment instruction designed to help you succeed.
- Unlimited drop-in adult fitness and aquatics classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities and guest privileges at all Canadian YMCAs
- Member's discount on certification programs
- Complimentary exercise program reviews
- Open gym time and recreational sports
- Open and lane swims
- Sauna
- Use of day lockers and General Change Rooms
- Unlimited guest passes (Must be 13 years or older/2 passes per guest per year)
- Hold your membership for up to 5 months and 3 weeks at no charge

Memberships for Children include:

- Unlimited drop-in programs
- One registered swim lesson (or one registered Explorers program which includes a swim lesson)
- Recreational swim and gym times
- Member's discount on certification programs

Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

Member Etiquette

The YMCA is a shared experience for everyone to enjoy. The YMCA's core values of belonging, caring, honesty, respect and responsibility are the basis of our interactions with children and families.

Supervision of Children

Land Programs:

Children up to 9 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program. Fitness Centre access and fitness classes are for individuals 13 years or older. Individuals between the ages of 10 and 12 may access the Fitness Centre if directly supervised by a guardian (minimum 14 years of age) and/or in program.

Aquatics Programs:

- Children 0-6 of age must be supervised by an adult or guardian (minimum 14 years of age) in the water within arm's reach at all times (2:1 ratio).
- Children ages 7 to 9 years of age, if unable to pass a facility swim test, must be supervised by a guardian (minimum 14 years of age) in the water (2:1 ratio). If able to successfully demonstrate comfort in the water and pass the facility swim test, children may swim independently. Adult or guardian (minimum 14 years of age) must be on pool deck.

Building Your Family Membership Package

The first adult pays the regular membership rate. Family discounts apply when one or more family members join.

NEW

Membership Rates

Membership	Bi-weekly (+Tax)	Paid in Full (5% Discount)
Child & Youth * (0-12 years)	\$15.87	\$392.02
Child & Youth Family*	\$11.87	\$293.27
Student (13 years +)	\$18.06	\$446.20
Student Family	\$13.55	\$334.65
Plus: Building Fee		\$30***
Student (4 months)		\$171.50***
Adult General	\$24.01	\$592.97
Adult General Family	\$18.06	\$446.20
Plus: Building Fee		\$100***
Women's Adult Only (18+)	\$32.68	\$807.26
Adult Only (18+) Family	\$24.72	\$610.58
Plus: Building Fee		\$100***
Men's Membership Plus (18+)**	\$32.88	\$838.62
Membership Plus (18+) Family**	\$33.87	\$610.58
Plus: Building Fee		\$100***

*Child & Youth membership fees are tax exempt ** Hamilton Downtown only ***5% discount does not apply.

Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$11.75
Teen Pass (13-18)	\$9.00
Kids Pass* (3-12 years)	\$5.25
Pickleball	\$5.00

Public Swim (taxes included)	
Child	\$3.40
Student	\$3.60
Adult	\$5.05
Family (immediate family)	\$10.30

Aqua Passes (taxes included) (photo ID required)	
AquaFit (20 classes)	\$120.00
Adult Swim Card (12 swims)	\$54.00
AquaFit (1 class)	\$8.30

* Valid for Open Gym, Open Swim times, and Drop-In programs not requiring registration

Payment Options

Membership fees can be paid through bi-weekly Pre-Authorized Debit (PAD) from a bank account or credit card or can be paid in full.



Building Fee

The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment. A one time fee provided membership is continuous and does not lapse for more than six months. Non-refundable. One fee per family. Tax extra.

Cancellation & Refund Policy

Membership may be cancelled at any time. There is no cancellation fee. Bi-weekly pre-authorized memberships must be cancelled in writing 14 days prior to your withdrawal date. For prepaid memberships, refunds are completed upon written notification for any unused portion. Please return membership card and allow 2-3 weeks for processing.

You have certain recourse rights if any debit does not comply with this agreement. For example, you have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain more information on your recourse rights, you may contact your financial institution or visit www.cdnpay.ca.

Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers.

Individual Personal Training Fees (Tax not included):

Sessions are 1 hour in length.

1 session: \$50 5 sessions: \$47/session (\$235) 10 sessions: \$45/session (\$450)

Personal Training (Membership Add-On)

1 session per week: \$46/session (\$92/bi-weekly)

2 sessions per week: \$46/session (\$184/bi-weekly)

Small Group Training Fee (Tax not included): 2 - 8 people for 1 hour session.

Fee is per person 1 session: \$21

Small Group Training (Membership Add-On)

1 session per week: \$19.75/session (\$39.50/bi-weekly)

Swim Lessons - Private & Semi-Private

Participant must have an active membership. All sessions are 30 minutes in length. Please call for private/semi private swim lesson rates and to book lessons.

Fees (taxes included):

Private: \$22.80 per 30 minute lesson

Semi-Private: \$16.20 per 30 minute lesson

Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers.

For volunteer opportunities and application, visit ymcahbb.ca.

Keep posted on the most up to date information by following us online.

Visit our website ymcahbb.ca to sign up for our member newsletter.

YMCA of Hamilton/Burlington/Brantford @ymcahbb

