

Hamilton Downtown Family YMCA

Schedule at a Glance

September 8, 2026 - December 20, 2026

SUNDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
8:00 AM	Soccer 8:00am - 10:00am	Open Gym 8:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis		Yoga 9:15am - 10:15am	Gravity (October) 9:00am - 9:30am
9:00 AM						
9:15 AM						
9:30 AM						
10:00 AM						
10:30 AM	Open Gym 10:00am - 1:45pm	Volleyball 11:00am - 1:00pm	Courts Available 8:00am - 4:00pm ***Squash League*** September - May 8:00am - 11:00am		Zumba 10:30am - 11:30am	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Pick-Up Basketball 2:00pm - 4:00pm	Open Gym 1:00pm - 4:00pm				
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

MONDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
5:30 AM	Open Gym 5:30am - 11:15am	Open Gym 5:30am - 10:00am				Gravity (October) 6:30am - 7:00am
6:30 AM						
7:00 AM						
8:00 AM						
9:00 AM						
9:15 AM		YMCA Childcare 10:00am - 11:00am			Yoga 9:15am - 10:15am	
10:00 AM						
10:15 AM						
10:30 AM						
11:00 AM						
11:30 AM	Pickleball 11:30am - 1:30pm	Open Gym 11:00am - 3:00pm	Squash, Raquetball, Handball, Table Tennis			Gravity (October) 11:30am - 12:00pm
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45pm - 7:15pm	Badminton 3:00pm - 6:00pm	Courts Available 5:30am - 10:00pm	Queenex 12:15pm - 1:00pm		
2:30 PM						
3:00 PM						
4:00 PM						
5:00 PM						
5:15 PM		Open Gym 6:00pm - 10:00pm			CycleFit 5:15pm - 6:00pm	
5:30 PM						
6:00pm						
6:15 PM						
6:30 PM						
7:00 PM	Pick-Up Basketball 7:30pm - 9:45pm				Pilates 6:15pm - 7:00pm	
7:15 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM					Zumba 7:15pm - 8:15pm	
10:00 PM						

Drop In Rec Sports

Drop in Gym

Drop In Group Fitness

Registered Programming

TUESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room		
5:30 AM	Open Gym 5:30am - 10:00pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis			Gravity (October) 6:30am - 7:00am		
6:30 AM								
8:00 AM					Gentle Fit 10:00am - 10:45am			
9:00 AM								
10:00 AM		YMCA Childcare 10:00am - 11:00am						
10:30 AM								
12:00 PM		Open Gym 11:00am - 3:55pm				HIIT 12:15pm - 12:45pm		
12:30 PM								
12:45 PM							Gravity (October) 1:00pm - 1:30pm	
1:00 PM								
1:30 PM								
2:00 PM								
4:00 PM		Newcomer Centre 4:00pm - 5:00pm October 20 - December 8			Courts Available 6:00am - 10:00pm			Gravity (October) 5:00pm - 5:30pm
5:00 PM		Open Gym 5:00pm - 7:00pm			***Squash League*** 6:30m - 9:30pm			
5:30 PM								
5:45 PM							Gravity (October) 5:45pm - 6:15pm	
6:15 PM								
6:45 PM							Strength and Conditioning 6:45 pm- 7:30pm	
7:00 PM								
7:30 PM		Volleyball 7:00pm- 10:00pm						
7:45 PM						Stretch and Mobility 7:45pm - 8:30pm		
8:30 PM								
10:00 PM								

WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room	
5:30 AM	Open Gym 5:30am - 7:15pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 5:30am - 10:00pm **Youth Handball*** Registration Court 3 & 4 4:00pm - 6:45pm				
6:30 AM						Gravity (October) 6:30am - 7:00am	
7:00 AM							
8:15 AM						ViPR Pro 8:15am - 9am Sept 9 - Oct 28	Gravity (October) 8:15am - 8:45am
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
10:00 AM							
10:15 AM		YMCA Childcare 10:00am - 11:00am			Healthy Hearts 10:00am - 11:30am *Registration Required		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM				Open Gym 11:00am - 3:00pm		Express Core 12:15 pm- 12:45pm	
1:30 PM							
2:00 PM							
3:00 PM							
4:30PM				Badminton 3:00pm - 6:00pm			
5:00 PM							
5:30 PM					Queenax 5:00pm - 5:45pm		
5:45 PM							
6:00 PM						Yoga 6:00pm - 7:00pm	
6:30 PM							
7:00 PM							
7:15 pm							
7:30 PM				Open Gym 6:00pm - 10:00pm		Zumba 7:15pm - 8:15pm	
8:00 PM	Pick-Up Basketball 7:30pm - 9:45pm						
8:15 PM							
10:00 PM							

THURSDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
6:30 AM	Open Gym 5:30am-6:45pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis			Gravity (October) 6:30am - 7:00am
7:00 AM						
8:00 AM						
9:30 AM						
10:00 AM		YMCA Childcare 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM					Express Circuit 12:15 pm- 1:00pm	
12:30 PM						
1:00 PM						
1:15 PM						
2:00 PM						
2:15 PM						
4:00 PM						
4:30pm					Volleyball 4:00 pm- 6:00pm	
5:00 PM						
5:30 PM						
6:00pm					Pilates 5:30pm - 6:15pm	
6:15pm						Gravity (October) 6:00pm - 6:30pm
6:30 PM						
6:45pm						
7:00 PM	Soccer 7:00pm-10:00pm	Open Gym 6:15 pm- 10:00pm			Strength & Conditioning 6:45pm - 7:30pm	
7:30 PM						
7:45 PM						
9:00 PM						Yoga 7:45pm - 8:45pm
10:00 PM						

FRIDAY								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room		
5:30 AM	Open Gym 5:30am- 7:15pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis					
6:30 AM							Gravity (October) 6:30am - 7:00am	
7:00 AM								
9:00 AM								
9:30 AM						Gravity (October) 9:30am - 10:00am		
10:00 AM		YMCA Childcare 10:00am - 11:00am		Healthy Hearts 10:00am - 11:30am *Registration Required		CycleFit 12:15pm - 1:00pm		
11:00 AM		Open Gym 11:00am - 3:00pm						
11:30 AM								
12:15 PM								
12:30 PM								
1:00 PM						Yoga 1:15pm - 2:15pm		
1:15pm					Courts Available 5:30am - 10:00pm			
2:00 PM								
2:30 PM								
3:00 PM								
4:00 PM								
5:00 PM				Badminton 3:00pm - 6:00pm				Gravity (October) 5:00pm - 5:30pm
5:30 PM								
5:45 PM								Gravity (October) 5:45pm - 6:15pm
6:00 PM								
6:30 PM				Open Gym 6:00pm - 10:00pm			ViPR Pro 6:30pm - 7:15pm	
7:00 PM								
7:15 PM								
7:30 PM								
10:00 PM	Pick-Up Basketball 7:30pm - 10:00pm							

SATURDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
7:00am	Open Gym 7:00am - 10:30am		Squash, Racquetball, Handball, Table Tennis			Gravity (October) 8:30am - 9:00am
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM					Barre 9:30am - 10:15am	
10:30 AM	Pick-Up Basketball 10:45am - 12:45pm	Open Gym 7:00am - 3:30pm	Courts Available 7:00am - 6:00pm ***Youth Handball*** Registration Courts 3 & 4 9:00am - 11:45am ***Squash League*** September - May 8:00am - 11:00am		Zumba 10:30am - 11:30am	Gravity 11:00am - 11:30am
11:00 AM						
11:30 AM						
12:00 PM					Strength & Conditioning 11:45am - 12:45pm	
12:30 PM						
1:00 PM	Open Gym 1:00pm - 6:00pm	Volleyball 3:30pm - 6:00pm				
2:00 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
6:00 PM						

FACILITY HOURS

Monday - Friday 5:30am - 10:00pm
Saturday 7:00am - 6:00pm
Sunday 8:00am - 4:00pm
Holidays: as posted

SWIM ADMISSION CRITERIA

Children ages 0 – 5:
 An adult parent or guardian (16 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

Children ages 6 – 9 unable to Pass Swim Test:
 If unable to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 years of age) in the water within arm’s reach at all times.
 Maximum ratio: 3 children: 1 adult; with lifejackets, maximum ratio: 6 children: 1 adult.

Children ages 6 – 9 unable to Pass Swim Test:
 Must be supervised by parent/guardian (min 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children to 1 adult.

Ages 10 - 15 Years:
 Muat pass a swim test to access deep-water. If they do not pass, they must stay in the shallow end.

What is the Facility Swim Test?
 To enter deep water and/or swim independently, swimmers must:

- 25 Meter non-stop front swim
- 30-second tread in deep end.

Adult Swim test - at the lifeguard’s discretion.