

Hamilton Downtown Family YMCA - Schedule at a Glance March 31 2025 - June 29, 2025

			SUNDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM		M. II. I. II			
9:00 AM		Volleyball			
9:30 AM		8:00am - 10:30am			
10:00 AM			Squash, Raquetball,		
10:30 AM	Open Gym		Handball, Table Tennis Courts Available		
11:00 AM	8:00am - 1:45pm				
11:30 AM			8:00am - 4:00pm		
12:00 PM			оловин поории		
12:30 PM		Open Gym	Equipment available		
1:00 PM		10:45am - 3:45pm	at Membership Desk		
1:30 PM		10.43am - 3.43pm			
2:00 PM					
2:30 PM	Soccer 2:00 pm- 3:45pm				
3:00 PM					
3:30 PM					
4:00 PM					

6:00 AM 6:30 AM 7:00 AM	MAIN GYM	AUX GYM	COLUDITO		
6:30 AM			COURTS	FITNESS FLOOR	STUDIO
		Open Gym 6:00am - 10:00am			
7:00 AM					
7:30 AM					
8:00 AM	Open Gym				
8:30 AM	6:00am-11:15am				
9:00 AM	6.00am-11.15am				
9:30 AM					
10:00 AM		Early On			
10:30 AM		10:00am - 11:00am			
11:00 AM					
12:00 PM	Pickle Ball		Squash, Raquetball, Handball, Table Tennis Courts	Queenex	
12:30 PM	11:30am-1:30pm	Open Gym 11:00am - 3:00pm		12:15pm - 1:00pm	
1:00 PM	*Beginners 11:30am-				
1:30 PM	1230pm				
2:00 PM			Available		
2:30 PM			6.00		
3:00 PM			6:00am - 9:30pm		
3:30 PM			Equipment available		
4:00 PM			at Membership Desk		
4:30 PM		Badminton	at Metribership besk		
5:00 PM	Open Gym	3:00pm - 6:00pm		Wellness Orientation 5:00pm-5:30pm	
5:30 PM	1:45pm - 9:15pm				
					Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
7:00 PM					Zumba
7:00 PM 7:30 PM		Open Gym			6:45pm - 7:45pm
7:30 PM 8:00 PM		6:00pm - 9:15pm			0.15pm 7.15pm
8:30 PM 9:00 PM					

Drop In Rec Sports

Drop In Group Fitness

Registered Programming



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			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym 6:00am - 10:00am Early On			Gentle Fit	
10:30 AM 11:00 AM 11:30 AM		10:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available		10:00am - 10:45am
12:00 PM 12:30 PM		6:00am - 9:30pm		HIIT 12:15pm - 1:00pm	
1:00 PM	Open Gym 6:00am - 6:45pm		Equipment available		11.13pm 1.00pm
1:30 PM 2:00 PM			at Membership Desk		
2:30 PM 3:00 PM					
3:30 PM 4:00 PM		Open Gym			
5:00 PM 5:30 PM		11:00am - 9:15pm			Yoga
6:00 PM					5:45pm - 6:30pm
6:30 PM			Squash League		Strength and Conditioning 6:45 pm- 7:30pm
7:00 PM	Soccer		Court 5 and 6 *beginners welcome		0.10 pm 7.30pm
7:30 PM 8:00 PM	50ccer 7:00pm- 9:15pm				Zumba
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			WEDNESDAY			
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM						
7:00 AM		0				
8:00 AM		Open Gym 6:00am - 10:00am				
9:00 AM		0.00am - 10.00am				
9:30 AM	Open Gym 6:00am-11:15am				Ball Fit 9:15am - 10:00am	
10:00 AM		Early On 10:00am - 11:00am			Pilates	
10:30 AM		10.00am - 11.00am			10:15am - 11:00am	
11:00 AM						
11:30 AM						
12:00 PM	Pickle Rall	Pickle Ball Open Gym 11:30am-1:30pm 11:00am - 3:00pm			Express Core	
12:30 PM	11:30am-1:30pm		Squash, Raquetball,		12:15 pm- 12:45pm	
1:00 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			
1:30 PM						
2:00 PM						
3:00 PM						
3:30 PM	Open Gym 1:45pm - 5:45pm	Badminton 3:00pm - 4:30pm				
4:00 PM						
4:30PM					W II O :	
5:00 PM		Newcomer Youth Centre 4:30 - 6:00pm		Wellness Orientation 5:00pm - 5:30pm		
5:30 PM		April 2 - May 21				
6:00 PM	Pickle Ball				ViPR Pro 6:00pm - 6:45pm	
6:30 PM	6:00pm - 7:30pm					
7:00 PM					Yoga	
7:30 PM		Open Gym			7:00pm - 7:45pm	
8:00 PM		6:15pm - 9:15pm				
	Open Gym				Zumba	
8:30 PM	7:30pm - 9:15pm				8:00pm - 8:45pm	
9:00 PM						
9:00 FIVI						



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			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
					Yoga
6:30 AM					6:15am - 7:00am
7:00 AM		Open Gym			
7:30 AM		6:00am - 10:00am	_		
8:00 AM			_		
8:30 AM			_		
9:00 AM			_		
9:30 AM 10:00 AM		Fact of the Control o	_		Caratta Fit
		Early On 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
10:30 AM		10:00am - 11:00am			10:00am - 10:45am
11:00 AM	0		Squash, Raquetball, Handball,		
11:30 AM	Open Gym				
12:00 PM	6:00am-6:45pm		Table Tennis Courts Available		Express Circuit
12:30 PM		Open Gym			12:15 pm- 1:00pm
1:00 PM		11:00am - 3:45pm	6:00am - 9:30pm		
1:30 PM					
2:00 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM			_		
4:00 PM		Volleyball			
5:00 PM		4:00 pm- 6:00pm			
5:30 PM					Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
					Strength & Conditioning
7:00 PM		Open Gym			6:45 - 7:30pm
7:30 PM					
7:30 PIVI	Soccer 6:15 pm- 9:15pm	OTO bill- STObill			
8:00 PM	7:00pm-9:15pm				Yoga
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		Open Gym			
8:00 AM		6:00am - 10:00am			
9:00 AM	Open Gym				
9:30 AM	6:00am-11:15am				
10:00 AM		Early On			
10:30 AM		10:00am - 11:00am			
11:00 AM					
11:30 AM	Pickle Ball 11:30am -1:30pm		Squash, Raquetball, Handball, Table Tennis Courts Available		
12:00 PM		Open Gym 11:00am - 3:00pm			Cycle
12:30 PM					12:15pm - 1:00pm
1:00 PM					Yoga
1:30 PM			6:00am - 9:15pm		1:15pm - 2:00pm
2:00 PM			Equipment available		
2:30 PM					
3:00 PM			at Membership Desk		
3:30 PM		Badminton			
4:00 PM		3:00pm - 6:00pm			
5:00 PM	Open Gym	5.55pm 5.55pm			
5:30 PM	1:15pm - 9:15pm				
6:00 PM	21200111 31200111				ViPR Pro
6:30 PM					6:00pm - 6:45pm
7:00 PM		Open Gym			
7:30 PM		6:00pm - 9:15pm			
8:00 PM					
8:30 PM					
9:00 PM					



Hamilton Downtown Family YMCA - Schedule at a Glance March 31 2025 - June 29, 2025

			SATURDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM		2.1			
9:30 AM		Badminton 8:15am - 11:00am			Barre
10:00 AM		6:15am - 11:00am			9:30am - 10:15am
10:30 AM			Squash, Raquetball,		Zumba
11:00 AM			Handball, Table Tennis Courts Available		10:30am - 11:30am
11:30 AM	Open Gym 8:00am - 5:15pm	Open Gym	8:00am - 5:15pm		Strength & Conditioning
12:00 PM		11:15am - 3:15pm	Equipment available		11:45am - 12:45pm
12:30 PM		11.13diii - 3.13piii	at Membership Desk		
1:00 PM			at Membership best		
1:30 PM					
2:00 PM					
2:30 PM 3:00 PM					
3:00 PM	Volleyball				
4:00 PM					
5:00 PM		3:30pm - 5:15pm			
5:30 PM					

FACILITY HOURS
Monday - Friday 6:00am - 9:30pm
Saturday 8:00am - 5:30pm
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.