

Hamilton Downtown Family YMCA - Schedule at a Glance September 8, 2025 - December 21, 2025

			SUNDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM		Volleyball 8:00am - 10:30am			
8:30 AM					
9:00 AM					
9:30 AM		0.00am - 10.30am	Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 4:00pm Equipment available at Membership Desk		
10:00 AM					
10:30 AM	Open Gym	Gym 1:45pm Open Gym 10:45am - 3:45pm			
11:00 AM	8:00am - 1:45pm				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM	Soccer 2:00 pm- 3:45pm				
3:00 PM					
3:30 PM					
4:00 PM					

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am			
10:30 AM 11:00 AM		YMCA Childcare 10:00am - 11:00am			
12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm	Open Gym 11:00am - 3:00pm		Queenex 12:15pm - 1:00pm	
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Open Gym 1:45pm - 9:15pm	Badminton 3:00pm - 6:00pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk	Wellness Orientation 4:15pm - 5:15pm	Cycle Fit 5:15pm-6:00pm
6:00pm 6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM		Open Gym 6:00pm - 9:15pm			Pilates 6:15pm - 7:00pm Zumba 7:15pm - 8:15pm

Drop In Rec Sports

Drop In Group Fitness

Registered Programming

			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 8:00 AM 9:00 AM		Open Gym 6:00am - 10:00am			
10:00 AM 10:30 AM		YMCA Childcare 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
11:00 AM 11:30 AM 12:00 PM 12:30 PM			Squash, Raquetball, Handball, Table Tennis Courts Available		HIIT 12:15pm - 1:00pm
1:00 PM 2:00 PM 3:00 PM	Open Gym 6:00am - 6:45pm	6:00am - 9:30pm			
3:30 PM 4:00 PM			Equipment available at Membership Desk Open Gym		
5:00 PM		Open Gym		Wellness Orientation 4:15pm - 5:15pm	
5:30 PM		11:00am - 9:15pm			Yoga
6:00 PM					5:30pm - 6:30pm
6:30 PM			6		Strength and Conditioning 6:45 pm- 7:30pm
7:00 PM 7:30 PM	Soccer		Squash League 6:30pm - 9:30pm (Squash Courts)		
8:00 PM 8:30 PM	7:00pm- 9:15pm		Starts Oct 7		Zumba 7:45pm - 8:45pm
9:00 PM					

			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM		Open Gym 6:00am - 10:00am			
7:00 AM					
8:00 AM					
9:00 AM					Pilates
9:30 AM	Open Gym 6:00am-11:15am				9:00am - 9:45am
9:45AM	0.00am-11.13am				51556111 51156111
10:00 AM		YMCA Childcare			
10:30 AM		10:00am - 11:00am			
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball	Open Gym			Express Core
12:30 PM	11:30am-1:30pm 11:00am - 3:00pm	Squash, Raquetball,		12:15 pm- 12:45pm	
1:30 PM			Handball, Table Tennis		
2:00 PM			Courts Available		
3:00 PM	Badminton	6:00am - 9:30pm			
4:30PM		3:00pm - 4:15pm	F. S		
5:00 PM		Newcomer Youth Centre			
5:30 PM		4:30pm - 6:00pm			Pilates
		(Oct.15 - Dec 3)			5:30pm-6:15pm
6:00 PM				Wellness Orientation	
6:30 PM	Open Gym			6 :00pm-7:00pm	ViPR Pro
7:00 PM	1:45pm - 9:15pm				6:30pm - 7:15pm
7.00 / 141					
		Open Gym 6:15pm - 9:15pm			7
7:30 PM					Zumba
8:00 PM					7:30pm - 8:15pm
8:30 PM					
9:00 PM					

			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM					
7:30 AM		Open Gym 6:00am - 10:00am			
8:00 AM 8:30 AM		6:00am - 10:00am			
9:00 AM					
9:30 AM					
10:00 AM		YMCA Childcare			Gentle Fit
10:30 AM		10:00am - 11:00am			10:00am - 10:45am
11:00 AM					
11:30 AM					
12:00 PM					Express Circuit
12:30 PM		Open Gym			12:15 pm- 1:00pm
1:00 PM	Open Gym 6:00am-6:45pm	11:00am - 3:45pm	Squash, Raquetball,		
2:00 PM	6:00am-6:45pm		Handball, Table Tennis		
3:00 PM			Courts Available		
3:30 PM					
4:00 PM			6:00am - 9:30pm		
4:30pm		Volleyball	Equipment available		CycleFit
5:00 PM		4:00 pm- 6:00pm	at Membership Desk		4:30pm - 5:15pm
5:15pm		поорт оторт			
5:30 PM					Pilates
6:00pm					5:30pm - 6:15pm
6:15pm					5.55p.11
6:30 PM					
6:45pm					
-		Open Gym			Studentia & Conditioning
7:00 PM	6:15 pm- 9:15pm				Strength & Conditioning 6:45 - 7:30pm
7:30 PM		3.20 p 2.20p.11			0. 43 - 7.30pm
	Soccer 7:00pm-9:15pm				
8:00 PM	7.00pm-3.10pm				
8:30 PM					
9:00 PM					

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

		:	SATURDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM		Badminton	Squash League		Barre
10:00 AM		8:15am - 11:00am	8:00am - 11:00am (Squash Courts)		9:30am - 10:15am
10:30 AM			Starts Oct 4		Zumba 10:30am - 11:30am
11:00 AM	Onon Com				
11:30 AM	Open Gym 8:00am - 5:15pm	Open Gym			Strength & Conditioning
12:00 PM		11:15am - 3:15pm			11:45am - 12:45pm
12:30 PM			Squash, Racquetball, Handball, Table Tennis Courts Available		
1:00 PM					
1:30 PM					
2:00 PM			Transaction		
2:30 PM 3:00 PM			8:00am - 5:15pm		
3:00 PM 3:30 PM					
4:00 PM		Volleyball			
5:00 PM		3:30pm - 5:15pm			
5:30 PM		5.55p 5125piii			

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.