Hamilton Downtown Family YMCA • December 22, 2025 - January 4, 2026

HOLIDAY SCHEDULE



Monday December 22 6:00am - 9:30pm						
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM		Open Gym				
8:00 AM	Open Gym	6:00am - 10:00am				
8:30 AM	6:00 - 11:15					
9:00 AM						
9:30 AM						
10:00 AM		YMCA Childcare				
10:30 AM		10:00am - 11:00am				
11:00 AM						
11:30 AM	Pickleball					
12:00 PM	Pickiebali 11:30-1:00			Queenex		
12:30 PM				12:15pm-1:00pm		
1:00 PM			S 15 d 111 11 11			
1:30 PM			Squash, Racquetball, Handball, Table Tennis Courts Available			
2:00 PM			Table Terring Courts Available			
2:30 PM			Equipment available at			
3:00 PM			Membership Desk			
3:30 PM						
4:00 PM						
4:30 PM		Open Gym				
5:00 PM		11:00am - 9:30pm				
	Open Gym				Cycle Fit	
5:30 PM	1:15-9:30				5:15pm-6:00pm	
6:00 PM						
					Pilates	
6:30 PM					6:15pm-7:00pm	
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

	Tuesday December 23 6:00am - 9:30pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM 6:30 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	MAIN GYM Open Gym 6:00-9:30	Open Gym 6:00am - 10:00am YMCA Childcare 10:00am - 11:00am	COOKIS	FIINESTEOON	31000			
11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:00 PM		Open Gym 11:00am - 9:30pm	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		HIIT 12:15pm-1:00pm Yoga 5:30pm-6:30pm			
7:00 PM 7:30 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:30 PM					Strength And Conditioning 6:45pm-7:30pm			

Thursday December 25 - Closed	
Happy Holidays	

	Friday December 26 8:00am - 4:00pm						
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO		
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM			Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk				
10:00 AM		Open Gym 800 - 4:00					
10:30 AM							
11:00 AM							
11:30 AM	Open Gym						
12:00 PM	8:00-4:00						
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:20 PM							
3:00 PM							
3:30 PM							
4:00 PM							

	Wednesday December 24 6:00am - 2:00pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM			Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
8:00 AM								
8:30 AM		Open Gym 6:00 - 2:00						
9:00 AM								
9:30 AM	0.6							
10:00 AM	Open Gym 6:00 - 2:00							
10:30 AM	0.00 2.00							
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								

	Saturday December 27 8am - 5:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM					Barre		
10:00 AM					9:30am - 10:15am		
10:30 AM							
					Zumba		
11:00 AM					10:30am - 11:30am		
11:30 AM			Squash, Racquetball, Handball,				
			Table Tennis Courts Available		Strength & Conditioning 11:45am - 12:45pm		
12:00 PM	Open Gym 8:00 - 5:30	Open Gym	F		11:45dH1-12:45pH1		
12:30 PM	8:00-5:30	11:15 - 1:45	Equipment available at Membership Desk				
1:00 PM							
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							

	Sunday December 28 8:00am - 4:00pm							
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM		Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
11:00 AM								
11:30 AM	Open Gym							
12:00 PM	8:00-4:00							
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:20 PM								
3:00 PM								
3:30 PM								
4:00 PM								

Lane Swim	Drop in Gym / Swim
Drop In Group Fitness	Registered Programs

Drop in Recreational Sports

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HOLIDAY SCHEDULE



Monday December 29 6:00am - 9:30pm							
MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
	Open Gym						
Open Gym	6:00am - 10:00am						
6:00-11:15							
	YMCA Childcare						
	10:00am - 11:00am						
Pickloball							
11:30 - 1:00		Squash, Racquetball, Handball, Table Tennis Courts Available	Queenex				
			12:15pm - 1:00pm				
		Wellibership besk					
	Open Gym						
	11:00am-9:30pm						
Open Gym				Cycle Fit 5:15pm-6:00pm			
1:15-9:30							
	Open Gym 6:00 - 11:15 Pickleball 11:30 - 1:00	Open Gym 6:00am - 10:00am	MAIN GYM Open Gym 6:00am-10:00am Pickleball 11:30-1:00 Pickleball 11:30-1:00 Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk Open Gym 11:00am-9:30pm Open Gym	MAIN GYM Open Gym 6:00-11:15 Pickleball 11:30-1:00 Pickleball 11:30-1:00 Open Gym 11:00am-9:30pm Open Gym 11:00am-9:30pm Open Gym			

Tuesday December 30 6:00am - 9:30pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 12:30 PM 2:30 PM 3:30 PM 3:30 PM	MAIN GYM Open Gym 6:00-9:30				STUDIO HIIT 12:15pm-1:00pm		
4:30 PM 5:00 PM 5:30 PM 6:00 PM		11:00am - 9:30pm			Stretch and Tone 5:30pm-6:30pm		
6:30 PM							
7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:30 PM			_		Strength and Conditioning 6:45pm - 7:30pm		

	Thursday January 1 12:00pm - 4:00pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
12:00 PM							
12:30 PM							
1:00 PM			Squash, Racquetball, Handball,				
1:30 PM	Open Gym 1200 - 4:00	0 6	Table Tennis Courts Available Equipment available at				
2:00 PM		Open Gym 12:00 - 4:00					
2:20 PM		12.00 - 4.00	Membership Desk				
3:00 PM							
3:30 PM							
4:00 PM							



	Friday January 2 6:00am - 9:30pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM 6:30 AM								
7:00 AM								
7:30 AM		Open Gym						
8:00 AM		6:00am - 10:00am						
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM		YMCA Childcare						
10:30 AM		10:00am - 11:00am						
11:00 AM								
12:00 PM					Cyclefit			
12:30 PM					12:15 pm- 1:00pm			
1:00 PM			Squash, Racquetball, Handball,					
1:15PM					Yoga			
1:30 PM			Table Tennis Courts Available		1:15pm - 2:00pm			
2:00 PM	Open Gym		Equipment available at Membership Desk					
2:30 PM	6:00 - 9:30							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM		Open Gym 11:00am - 9:30pm						
5:00 PM		11:00am-9:50pm						
5:30 PM								
6:00 PM								
6:30 PM					ViPR Pro			
7:00 PM					6:30pm-7:15pm			
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

Wednesday December 31 6:00am - 2:00pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00-2:00	Open Gym 6:00 - 2:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
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								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								

Saturday January 3 8:00am - 5:30pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM					Barre			
10:00 AM					9:30am - 10:30am			
10:30 AM								
					Zumba			
11:00 AM			Squash, Racquetball, Handball,		10:30am - 11:30am			
11:30 AM								
			Table Tennis Courts Available		Strength & Conditioning			
12:00 PM	Open Gym 8:00 - 5:30	Open Gym 11:15 - 1:45	Equipment available at Membership Desk		11:45am - 12:45pm			
12:30 PM								
1:00 PM								
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								

Sunday January 4 8:00am - 4:00pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
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								
1:30 PM								
2:00 PM								
2:20 PM								
3:00 PM								
3:30 PM								
4:00 PM								