

# Hamilton Downtown Family YMCA - Schedule at a Glance June 30, 2025 - August 31, 2025

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

4:00 PM		L			
			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 10:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am Early On 10:00am - 11:00am			
11:00 AM					
12:30 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	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm minton Equipment available	Queenex 12:15pm - 1:00pm	
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM		Badminton 3:00pm - 6:00pm		Wellness Orientation 4:15pm - 5:15pm	
5:30 PM	Open Gym 1:45pm - 9:15pm				Cycle Fit 5:15pm-6:00pm
6:00pm					Pilates
6:30 PM 7:00 PM					6:15pm - 7:00pm
7:30 PM		Open Gym 6:00pm - 9:15pm			Zumba 7:15pm - 8:00pm
8:00 PM 8:30 PM					
9:00 PM					

Drop In Rec Sports

Drop in Gym

Drop In Group Fitness

Registered Programming



mne Un				Julie 5	0, 2023 - August 31, 2023
			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 11:00 AM 11:30 AM 11:00 PM 12:30 PM 1:00 PM 3:00 PM 3:00 PM 5:00 PM 5:00 PM 6:00 PM	Open Gym 6:00am - 6:45pm	Open Gym 6:00am - 10:00am  Early On 10:00am - 11:00am  Open Gym 11:00am - 9:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk	Wellness Orientation 4:15pm-5:15pm	Gentle Fit 10:00am - 10:45am  HIIT 12:15pm - 1:00pm  Strength and Conditioning
7:00 PM	Soccer				6:45 pm- 7:30pm
7:30 PM 8:00 PM 8:30 PM	7:00pm- 9:15pm				Zumba 7:45pm - 8:45pm
9:00 PM					

			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		Open Gym 6:00am - 10:00am			
8:00 AM					
9:00 AM		0.00am - 10.00am			
9:30 AM	Open Gym 6:00am-11:15am				
10:00 AM		Early On 10:00am - 11:00am			
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball	Open Gym	Squash, Raquetball,		Express Core
12:30 PM	11:30am-1:30pm	11:00am - 3:00pm	Handball, Table Tennis Courts Available 6:00am - 9:30pm		12:15 pm- 12:45pm
1:30 PM					
2:00 PM					
3:00 PM					
4:30PM			Can singua and as sailable		
5:00 PM		Badminton	Equipment available at Membership Desk		
5:30 PM	- -	3:00pm - 6:00pm	at Metribership Desk		Pilates 5:30pm-6:15pm
6:00 PM				Wellness Orientation	
6:30 PM	Open Gym			6 <b>:00pm-7:00pm</b>	ViPR Pro
7:00 PM	1:45pm - 9:15pm				6:30pm - 7:15pm
7.50 T WI					
7:30 PM	Open Gym			Zumba	
8:00 PM		6:15pm - 9:15pm			7:30pm - 8:15pm
5.50 T W					
8:30 PM					
9:00 PM					



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			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		Open Gym 6:00am - 10:00am			
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	-				
10:00 AM		Early On			Gentle Fit
10:30 AM		10:00am - 11:00am			10:00am - 10:45am
11:00 AM					
11:30 AM					
12:00 PM			Handball, Table Tennis Courts Available 6:00am - 9:30pm		Express Circuit
12:30 PM	Open Gym	Open Gym			12:15 pm- 1:00pm
1:00 PM	6:00am-6:45pm	11:00am - 3:45pm			
1:30 PM		11.00dill 5.15pill			
2:00 PM					
3:00 PM					
3:30 PM					
4:00 PM		V II . II	Equipment available		
5:00 PM	1	Volleyball 4:00 pm- 6:00pm	at Membership Desk		
5:30 PM					
6:00pm					Pilates
о.оорт					5:30pm - 6:15pm
	-	Open Gym 6:15 pm- 9:15pm			
6:30 PM	-				
					Strength & Conditioning
7:00 PM					6:45 - 7:30pm
7:30 PM	Soccer				
7.501141	7:00pm-9:15pm				v
8:00 PM	7100piii 5120piii				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					
9:30 AM					
10:00 AM		Early On			
10:30 AM		10:00am - 11:00am			
11:00 AM					
11:30 AM					
12:00 PM		Open Gym 11:00am - 3:00pm	Squash, Raquetball,		Cycle
12:30 PM			Handball, Table Tennis		12:15pm - 1:00pm
1:00 PM			Courts Available		Yoga
1:30 PM	Open Gym				1:15pm - 2:00pm
2:00 PM	6:00am- 9:15pm		6:00am - 9:15pm		
2:30 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM		Badminton	active ribership besk		
4:00 PM		3:00pm - 6:00pm			
5:00 PM		5.55p 5.55p			
5:30 PM					
6:00 PM					
6:30 PM		Open Gym			ViPR Pro
7:00 PM					6:30pm - 7:15pm
					0.30pm - 7.13pm
7:30 PM		6:00pm - 9:15pm			
8:00 PM					
8:30 PM					
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			Barre
10:00 AM		8:15am - 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 12:00 PM 12:30 PM	Open Gym 8:00am - 5:15pm	Open Gym 11:15am - 3:15pm	8:00am - 5:15pm Equipment available		Strength & Conditioning 11:45am - 12:45pm
1:00 PM			at Membership Desk		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM		Volleyball			
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.