

Hamilton Downtown Family YMCA - Schedule at a Glance

August 23 - September 7, 2025

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

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

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

WEDNESDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			
7:00 AM						
8:00 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Pickle Ball 11:30am-1:30pm	Open Gym 11:00am - 3:00pm				
12:00 PM					Express Core 12:15 pm- 12:45pm	
12:30 PM						
1:30 PM	Open Gym 1:45pm - 9:15pm	Badminton 3:00pm - 6:00pm				
2:00 PM						
3:00 PM						
4:30PM						
5:00 PM						
5:30 PM						
					Pilates 5:30pm - 6:15pm	
6:00 PM					Wellness Orientation 6:00pm - 7:00pm	
6:30 PM						ViPR Pro 6:30pm - 7:15pm
7:00 PM						
		Open Gym 6:15pm - 9:15pm				
7:30 PM					Zumba 7:30pm - 8:15pm	
8:00 PM						
8:30 PM						
9:00 PM						

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

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

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

Must 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.