



Shine On

Hamilton Downtown Family YMCA - Schedule at a Glance

April 7, 2026 - June 28, 2026

SUNDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
8:00 AM	Soccer 8:00am - 10:00am	Open Gym 8:00am - 1:30pm	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	Open Gym 10:00am - 4:00pm	Volleyball 1:30pm - 4:00pm			Zumba 10:30am - 11:30am		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 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							
8:00 AM							
8:30 AM							
9:00 AM							
9:15 AM							Yoga 9:15am - 10:15am
9:30 AM							
10:00 AM							
10:15 AM				YMCA Childcare 10:00am - 11:00am			
10:30 AM							
11:00 AM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm	Open Gym 11:00am - 3:00pm					
12:00 PM					Queenex 12:15pm - 1:00pm		
12:30 PM							
1:00 PM	Open Gym 1:45pm - 9:30pm	Badminton 3:00pm - 6:00pm					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:15 PM							Cycle Fit 5:15pm - 6:00pm
5:30 PM		Open Gym 6:00pm - 9:30pm					
6:00pm						Pilates 6:15pm - 7:00pm	
6:15 PM							Zumba 7:15pm - 8:15pm
6:30 PM							
7:00 PM							
7:15 PM							
7:30 PM							
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 - 9:30pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 6:30pm Equipment available at Membership Desk			
8:00 AM						
9:00 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		Gentle Fit 10:00am - 10:45am
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:15 pm						HIIT 12:15pm - 1:00pm
12:30 PM						
1:00 PM						
1:15 PM				Stretch and Mobility 1:15pm - 2:15pm		
2:00 PM		Open Gym 11:00am - 7:00pm				
2:15 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
5:30 PM					Yoga 5:30pm - 6:30pm	
6:00 PM						
6:30 PM						
6:45 PM					Strength and Conditioning 6:45 pm - 7:30pm	
7:00 PM		Volleyball 7:00pm - 9:30pm	Squash League 6:30pm - 9:30pm (Squash Courts)			
7:30 PM						
7:45 PM						
8:45 PM						Zumba 7:45pm - 8:45pm
9:30 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						
9:15 AM						
9:30 AM						Pilates 9:15am - 10:15am
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:15 AM						
10:30 AM						
11:00 AM						
11:30 AM	Pickle Ball 11:30am - 1:30pm	Open Gym 11:00am - 3:00pm			Express Core 12:15 pm - 12:45pm	
12:00 PM						
12:30 PM						
1:30 PM						
2:00 PM	Open Gym 1:45pm - 9:30pm	Badminton 3:00pm - 6:00pm				
3:00 PM						
4:30 PM						
5:00 PM						
5:30 PM					ViPR Golf 5:30pm - 6:15pm **April 15 - May 20**	
6:00 PM						
6:15 PM						
6:30 PM					ViPR Pro 6:30pm - 7:15pm	
7:00 PM						
7:15 pm						
7:30 PM		Open Gym 6:00pm - 9:30pm			Zumba 7:30pm - 8:15pm	
8:00 PM						
8:15 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								
8:00 AM								
9:00 AM								
9:30 AM								
10:00 AM				YMCA Childcare 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								
1:15 PM								
2:00 PM								
2:15 PM								
3:00 PM								
3:30 PM								
4:00 PM		Volleyball 4:00 pm- 6:00pm						
4:30pm						CycleFit 4:30pm - 5:15pm		
5:00 PM								
5:15pm								
5:30 PM						Pilates 5:30pm - 6:15pm		
6:00pm		Open Gym 6:15 pm- 9:30pm						
6:15pm								
6:30 PM								
6:45pm								
7:00 PM	Soccer 7:00pm-9:30pm				Strength & Conditioning 6:45pm - 7:30pm			
7:30 PM								
7:45 PM								
8:45 PM						Yoga 7:45pm - 8:45pm		
9:00 PM								

FRIDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am- 9:30pm	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								
10:00 AM				YMCA Childcare 10:00am - 11:00am				
10:30 AM								
11:00 AM				Open Gym 11:00am - 3:00pm				
11:30 AM								
12:15 PM								CycleFit 12:15pm - 1:00pm
12:30 PM								
1:00 PM								Yoga 1:15pm - 2:15pm
1:15pm								
2:00 PM								
2:30 PM								
3:00 PM		Badminton 3:00pm - 6:00pm						
3:30 PM								
4:00 PM								
5:00 PM								
5:30 PM								
6:00 PM		Open Gym 6:00pm - 9:30pm						
6:30 PM							ViPR Pro 6:30pm - 7:15pm	
7:00 PM								
7:15 PM								
7:30 PM								
8:00 PM								
9:00 PM								

SATURDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
8:00 AM	Open Gym 8:00am - 5:30pm	Badminton 8:15am - 11:00am	Squash League 8:00am - 11:00am (Squash Courts)				
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM					Barre 9:30am - 10:15am		
10:30 AM						Zumba 10:30am - 11:30am	
11:00 AM			Open Gym 11:15am - 3:30pm	Squash, Racquetball, Handball, Table Tennis Courts Available 8:00am - 5:30pm			
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 - 5:30pm					
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.