Hamilton Burlington Brantford

170 YEARS Igniting Potential Since 1856

Shine On

Hamilton Downtown Family YMCA

Schedule at a Glance

September 8, 2026 - December 20, 2026

SUNDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
8:00 AM	Soccer 8:00am - 10::00am	Open Gym 8:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 4:00pm ***Squash League*** September - May 8:00am - 11:00am			
9:00 AM						Gravity - November 30 9:00am - 9:30am
9:15 AM					Yoga 9:15am - 10:15am	
9:30 AM						
10:00 AM						
10:30 AM	Open Gym 10:00am - 1:45pm				Zumba 10:30am - 11:30am	
11:00 AM		Volleyball 11:00am - 1:00pm				
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		Open Gym 1:00pm - 4:00pm				
1:30 PM						
2:00 PM	Pick-Up Basketball 2:00pm - 4:00pm					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

MONDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
5:30 AM	Open Gym 5:30am-11:15am	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 5:30am - 10:00pm			
6:30 AM						
7:00 AM						Gravity - November 30 7:00am - 7:30am
8:00 AM						
9:00 AM						
9:15 AM					Yoga 9:15am - 10:15am	
10:00 AM						
10:15 AM		YMCA Childcare 10:00am - 11:00am				
10:30 AM						
11:00 AM						
11:30 AM	Pickleball 11:30am - 1:30pm					Gravity - November 30 11:30am - 12:00pm
12:00 PM				Queenex 12:15pm - 1:00pm		
12:30 PM						
1:00 PM						
1:30 PM		Open Gym 11:00am - 3:00pm				
2:00 PM						
2:30 PM						
3:00 PM						
4:00 PM		Badminton 3:00pm - 6:00pm				
5:00 PM						
5:15 PM	Open Gym 1:45pm - 7:15pm				Cycle Fit 5:15pm - 6:00pm	
5:30 PM						Gravity - November 30 5:45pm - 6:15pm
6:00pm						
6:15 PM		Community Rental 6:15pm - 7:0pm			Pilates 6:15pm - 7:00pm	
6:30 PM						
7:00 PM						
7:15 PM					Zumba 7:15pm - 8:15pm	
7:30 PM	Pick-Up Basketball 7:30pm - 9:45pm					
8:00 PM						
8:30 PM						
9:00 PM						
10:00 PM						

Drop In Rec Sports

Drop in Gym

Drop In Group Fitness

Registered Programming

TUESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
5:30 AM	Open Gym 5:30am - 10:00pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 10:00pm ***Squash League*** 6:30m - 9:30pm			
6:30 AM						
7:00 AM						Gravity - November 30 7:00AM - 7:30AM
7:30 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					HIIT 12:15pm - 12:45pm	
12:00 PM		Open Gym 11:00am - 3:55pm				
12:30 PM						
12:45 PM						
1:00 PM						Gravity November 30 1:00pm - 1:30pm
1:30 PM						
2:00 PM						
4:00 PM		Newcomer Centre 4:00pm - 5:00pm October 20 - December 8				
5:00 PM						Gravity -November 30 5:00pm - 530pm
5:30 PM		Open Gym 5:00pm - 7:00pm				
5:45 PM						Gravity (November) 5:45pm - 6:15pm
6:15 PM						
6:45 PM					Strength and Conditioning 6:45 pm- 7:30pm	
7:00 PM		Volleyball 7:00pm- 10:00pm				
7:30 PM						
7:45 PM					Stretch and Mobility 7:45pm - 8:30pm	
8:30 PM						
10:00 PM						

WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
7:00 AM	Open Gym 5:30am - 7:15pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 5:30am - 10:00pm **Youth Handball*** Registration Court 3 & 4 4:00pm - 6:45pm			Gravity - November 30 7:00am - 7:30am
7:30 AM						
8:15 AM					ViPR Pro 8:15am - 9am	
8:45 AM						
9:00 AM						
9:15 AM					Pilates 9:15am - 10:15am	
9:30 AM						
10:00 AM		YMCA Childcare 10:00am - 11:00am		Healthy Hearts 10:00am - 11:30am *Registration Required		
10:15 AM						
10:30 AM						
11:00 AM		Open Gym 11:00am - 3:00pm				
11:30 AM						
12:00 PM					Express Core 12:15 pm- 12:45pm	Gravity - November 30 12:15pm - 12:45pm
12:30 PM						
1:30 PM						
2:00 PM						
3:00 PM		Badminton 3:00pm - 6:00pm				
4:30PM						
5:00 PM				Queenax 5:00pm - 5:45pm		
5:45 PM						
6:00 PM					Yoga 6:00pm - 7:00pm	
6:30 PM						
7:00 PM		Open Gym 6:00pm - 10:00pm				
7:15 pm					Zumba 7:15pm - 8:15pm	
7:30 PM	Pick-Up Basketball 7:30pm - 9:45pm					
8:15 PM						
10:00 PM						

THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
7:00 AM	Open Gym 5:30am-6:45pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 5:30am - 10:00pm			Gravity November 30 7:00am - 7:30am
7:30 AM						
8:00 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					Express Circuit 12:15 pm- 1:00pm	
12:00 PM						
12:30 PM						
1:00 PM						
1:15 PM						
2:00 PM						
4:00 PM		Volleyball 4:00 pm- 6:00pm				
5:00 PM						
5:30 PM					Pilates 5:30pm - 6:15pm	Gravity November 30 5:45pm - 6:15pm
5:45 PM						
6:15pm						Gravity - November 30 6:30pm - 7:00pm
6:30 PM		Open Gym 6:15 pm- 10:00pm			Strength & Conditioning 6:45pm - 7:30pm	
6:45pm						
7:00 PM	Soccer 7:00pm-10:00pm					
7:30 PM						
7:45 PM					Yoga 7:45pm - 8:45pm	
8:45 PM						
10:00 PM						

FRIDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
5:30 AM	Open Gym 5:30am- 715pm	Open Gym 5:30am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 5:30am - 10:00pm			
6:30 AM						Gravity November 30 6:30am - 7:00am
7:00 AM						
8:00 AM						
8:45 AM						Gravity November 30 8:45am - 9:15am
9:15 AM						
9:30 AM						Gravity - November 30 9:30am - 10:00am
10:00 AM		YMCA Childcare 10:00am - 11:00am		Healthy Hearts 10:00am - 11:30am *Registration Required		
11:00 AM						
11:30 AM		Open Gym 11:00am - 3:00pm				
12:15 PM					CycleFit 12:15pm - 1:00pm	Gravity - November 30 12:15pm - 12:45pm
12:30 PM						
1:00 PM						
1:15pm					Yoga 1:15pm - 2:15pm	
2:00 PM						
3:00 PM		Badminton 3:00pm - 6:00pm				
4:00 PM						
5:30 PM						
5:45 PM						Gravity (November) 5:45pm - 6:15pm
6:00 PM		Community Rental 6:00pm - 6:30pm				
6:15 PM						
6:30 PM		Open Gym 6:30pm - 10:00pm			ViPR Pro 6:30pm - 7:15pm	Gravity - November 30 6:30pm - 7:00pm
7:00 PM						
7:15 PM						
7:30 PM	Pick-Up Basketball 7:30pm - 10:00pm					
10:00 PM						

SATURDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	Conditioning Room
7:00am	Open Gym 7:00am - 10:30am	Open Gym 7:00am - 3:30pm	Squash, Racquetball, Handball, Table Tennis Courts Available 7:00am - 6:00pm ***Youth Handball*** Registration Courts 3 & 4 9:00am - 11:45am ***Squash League*** September - May 8:00am - 11:00am			
8:00 AM						
8:30 AM						Gravity November 30 8:30am - 9:00am
9:00 AM						
9:30 AM					Barre 9:30am - 10:15am	
10:00 AM						
10:30 AM	Pick-Up Basketball 10:45am - 12:45pm				Zumba 10:30am - 11:30am	Gravity November 30 11:00am - 11:30am
11:00 AM						
11:30 AM					Strength & Conditioning 11:45am - 12:45pm	
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 1:00pm - 6:00pm	Volleyball 3:30pm - 6:00pm				
2:00 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
6:00 PM						

FACILITY HOURS

Monday - Friday 5:30am - 10:00pm

Saturday 7:00am - 6:00pm

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.