

Hamilton Downtown Family YMCA - Schedule at a Glance January 5, 2026 - March 29, 2026

			SUNDAY		
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM	£				
9:00 AM	Soccer 8:00am - 10::00am				
9:30 AM	6.00am - 1000am				
10:00 AM		Open Gym	Squash, Raquetball, Handball, Table Tennis		
10:30 AM		8:00am - 1:30pm	Courts Available		
11:00 AM			Court of transaction		
11:30 AM	Open Gym	8:00am - 4:00pm			
12:00 PM					
12:30 PM			Equipment available		
1:00 PM	10:00am - 3:45pm		at Membership Desk		
1:30 PM					
2:00 PM	Volleyball 1:30pm - 3:45pm	Volleyball			`
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM					
7:30 AM		Open Gym			
8:00 AM		6:00am - 10:00am			
8:30 AM	Open Gym				
9:00 AM	6:00am-11:15am			Yoga	
9:30 AM				9:00am - 9:50am	
10:00 AM		YMCA Childcare			
10:30 AM		10:00am - 11:00am			
11:00 AM					
12:00 PM	Pickle Ball			Queenex	
12:30 PM	11:30am-1:30pm			12:15pm - 1:00pm	
1:00 PM	*Beginners 11:30am-	Open Gym			
1:30 PM	1230pm	11:00am - 3:00pm			
2:00 PM			Squash, Raquetball,		
2:30 PM					
3:00 PM			Handball, Table Tennis Courts Available		
3:30 PM			Courts Available		
4:00 PM			6:00am - 9:30pm		
			olocalli bloopiii		
4:30 PM		Badminton	Equipment available	Wellness Orientation	
5:00 PM		3:00pm - 6:00pm	at Membership Desk	4:15pm-5:15pm	
5:30 PM					Cycle Fit 5:15pm-6:00pm
3.301111	Open Gym 1:45pm - 9:15pm				5:15pin-6:00pin
5:00pm					
					Pilates
6:30 PM					6:15pm - 7:00pm
6:30 PM	Open Gym 6:00pm - 9:15pm				2.20p 7.00p.71
7:00 PM		0			
					Zumba
7:30 PM				7:15pm - 8:15pm	
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		O C					
7:00 AM		Open Gym 6:00am - 10:00am					
8:00 AM		6:00am - 10:00am					
9:00 AM		YMCA Childcare					
10:00 AM					Gentle Fit		
10:30 AM		10:00am - 11:00am			10:00am - 10:45am		
11:00 AM							
11:30 AM			Squash, Raquetball,				
12:00 PM			Handball, Table Tennis		HIIT		
12:30 PM		Open Gym Open Gym ::00am - 9:15pm 11:00am - 7:00pm			Courts Available		12:15pm - 1:00pm
1:00 PM			6.00				
2:00 PM			6:00am - 9:30pm				
3:00 PM			Equipment available				
3:30 PM			at Membership Desk				
4:00 PM							
5:00 PM	6:00am - 9:15pm		11:00am - 7:00pm	11:00am - 7:00pm		Wellness Orientation 4:15pm - 5:15pm	
				4:15pm-5:15pm			
5:30 PM							
						Yoqa	
5-00 PM					5:30pm - 6:30pm		
5.00 FW							
					Strength and Conditioning		
6:30 PM					6:45 pm- 7:30pm		
7:00 PM			Squash League				
7:30 PM		Volleyball	6:30pm - 9:30pm				
8:00 PM		Volleyball (Squash Courts)	(Squash Courts)		Zumba		
8:30 PM		7.00pm 9.13pm			7:45pm - 8:45pm		
9:00 PM							

6:00 AM	MAIN GYM				
	MAINGTM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		Open Gym			
8:00 AM	Open Gym	6:00am - 10:00am			
9:00 AM					Pilates
9:30 AM	6:00am-11:15am				9:00am - 9:50am
9:45AM	0.00411-11.13411				3.55a 3.55a
10:00 AM		YMCA Childcare			
10:30 AM		10:00am - 11:00am			
11:00 AM					
11:30 AM			Squash, Raquetball, Handball. Table Tennis		
12:00 PM	Pickle Ball Open Gym 11:30am-1:30pm 11:00am - 3:00p				Express Core
12:30 PM					12:15 pm- 12:45pm
1:30 PM			Courts Available		
2:00 PM			Cours Available		
3:00 PM			6:00am - 9:30pm Equipment available at Membership Desk		
4:30PM	_	Badminton 3:00pm - 6:00pm			
5:00 PM					
5:30 PM					Pilates
					5:30pm-6:15pm
6:00 PM				Wellness Orientation	
6:30 PM	Open Gym			6: 00pm - 7:00pm	ViPR Pro
7:00 PM	1:45pm - 9:15pm				6:30pm - 7:15pm
	Open Gym 6:00pm - 9:15pm				7
7:30 PM		6:00pm - 9:15pm			Zumba 7:30pm - 8:15pm
8:00 PM					7:50pm - 8:15pm
8:30 PM					
9:00 PM					

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

			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 8:00 AM 9:00 AM	Open Gym 6:00am - 10:00am YMCA Childcare 10:00am - 11:00am				
10:00 AM 10:30 AM					
11:30 AM					
12:00 PM 12:30 PM		Open Gym 11:00am - 3:00pm			CycleFit 12:15pm - 1:00pm
1:00 PM 1:15pm					Yoga
1:30 PM	Open Gym 6:00am- 9:15pm		6:00am - 9:15pm		1:15pm - 2:00pm
2:00 PM 2:30 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM		Badminton			
4:00 PM		3:00pm - 6:00pm			
5:00 PM 5:30 PM		Open Gym			
6:00 PM					
6:30 PM					ViPR Pro
7:00 PM					6:30pm - 7:15pm
7:30 PM		6:00pm - 9:15pm			
8:00 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	Courado Lacarrica		Barre
10:00 AM		8:15am - 11:00am	Squash League 8:00am - 11:00am		9:30am - 10:15am
10:30 AM			(Squash Courts)		Zumba 10:30am - 11:30am
11:00 AM	Open Gym				
11:30 AM	8:00am - 5:15pm Open Gym 11:15am - 3:15pm	l i		Strength & Conditioning	
12:00 PM				11:45am - 12:45pm	
12:30 PM				11:45am - 12:45pm	
1:00 PM			Squash, Racquetball,		
1:30 PM			Handball, Table Tennis Courts		
2:00 PM			Available		
2:30 PM			0.00 545		
3:00 PM			8:00am - 5:15pm		
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.

sept 6/25