

Hamilton Downtown Family YMCA - Schedule at a Glance March 31 2025 - June 29, 2025

			SUNDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM					
8:30 AM		Mallar da all			
9:00 AM		Volleyball 8:00am - 10:30am			
9:30 AM		6.00am - 10.30am	l [
10:00 AM			Squash, Raquetball,		
10:30 AM	Open Gym		Handball, Table Tennis Courts Available		
11:00 AM	8:00am - 1:45pm		Courte / trailable		
11:30 AM			8:00am - 4:00pm		
12:00 PM					
12:30 PM		Open Gym	Equipment available		
1:00 PM		10:45am - 3:45pm	at Membership Desk		
1:30 PM	10.43am - 3	10.15dill 5.15pill			
2:00 PM					
2:30 PM	Soccer				
3:00 PM	2:00 pm- 3:45pm				
3:30 PM					
4:00 PM				_	

			MONDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM		Onon Cum			
7:30 AM		Open Gym 6:00am - 10:00am			
8:00 AM	Oman C				
8:30 AM	Open Gym 6:00am-11:15am				
9:00 AM	6.00am-11.13am				
9:30 AM					
10:00 AM		Early On	_		
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-		Squash, Raquetball, Handball,		
1:30 PM	1230pm		Table Tennis Courts		
2:00 PM			Available		
2:30 PM			6.000.70		
3:00 PM			6:00am - 9:30pm		
3:30 PM	-	Open Gym	Equipment available		
4:00 PM	-	11:00m - 6:45pm	at Membership Desk		
4:30 PM			at Membership Besit		
5:00 PM	Ones Com			Express Circuit 5:00pm - 5:30pm	
	Open Gym 1:45pm - 9:15pm				
5:30 PM	1.43pm - 3.13pm				-
					Pilates
6:00 PM					5:45pm - 6:30pm
6:30 PM					
7:00 PM					Zumba
7:30 PM		Badminton			6:45pm - 7:45pm
8:00 PM		7:00pm - 9:15pm			
8:30 PM		7.00piii - 3.10piii			
9:00 PM					

Drop In Rec Sports

Drop In Group Fitness

Registered Programming



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			TUESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM 7:00 AM 8:00 AM 9:00 AM 9:30 AM		Open Gym 6:00am - 10:00am Early On	Squash, Raquetball, Handball,		Gentle Fit
10:30 AM		10:00am - 11:00am			10:00am - 10:45am
11:00 AM					
11:30 AM			Table Tennis Courts Available		
12:00 PM			6:00am - 9:30pm		HIIT
12:30 PM	Open Gym 6:00am - 6:45pm		0.00diii 3.30piii		12:15pm - 1:00pm
1:00 PM			Equipment available		
1:30 PM			at Membership Desk		
2:00 PM					
2:30 PM					
3:00 PM			_		
3:30 PM			_		
4:00 PM 5:00 PM	_	Open Gym	-		
5:30 PM		11:00am - 9:15pm			Yoga
6:00 PM			-		5:45pm - 6:30pm
6:30 PM			-		Strength and Conditioning
7:00 PM 7:30 PM	Soccer		Squash League Court 5 and 6 *beginners welcome		6:45 pm- 7:30pm
8:00 PM	7:00pm-9:15pm				Zumba
8:30 PM					7:45pm - 8:45pm
9:00 PM					

			WEDNESDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
7:00 AM		06			
8:00 AM		Open Gym 6:00am - 10:00am			
9:00 AM					
9:30 AM	Open Gym 6:00am-11:15am				Ball Fit 9:15am - 10:00am
10:00 AM		Early On 10:00am - 11:00am			Pilates
10:30 AM		10.00am - 11.00am			10:15am - 11:00am
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball				Express Core
12:30 PM		11:30am-1:30pm Squash, Raquett	Squash, Raquetball,		12:15 pm- 12:45pm
1:00 PM	11.30am 1.30pm		Handball, Table Tennis		
1:30 PM		11:00am - 4:15pm	Courts Available		
2:00 PM		11.00am - 4.15pm			
3:00 PM			6:00am - 9:30pm		
3:30 PM					
4:00 PM	Open Gym				
4:30PM	1:45pm - 5:45pm		at Membership Desk		
5:00 PM		Newcomer Youth Centre 4:30 - 6:00pm		Express Circuit 5:00pm - 5:30pm	
5:30 PM		April 2 - May 21			
6:00 PM	2 2				ViPR Pro 6:00pm - 6:45pm
6:30 PM	Pickle Ball				
7:00 PM	6:00pm - 8:00pm				Yoga
7:30 PM		Open Gym			7:00pm - 7:45pm
8:00 PM		6:15pm - 9:15pm			
0:UU PINI	Open Gym				Zumba
8:30 PM	8:00pm - 9:15pm				8:00pm - 8:45pm
9:00 PM					



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			THURSDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
					Yoga
6:30 AM					6:15am - 7:00am
7:00 AM		Open Gym			
7:30 AM		6:00am - 10:00am			
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	Open Gym		Carrage Dearrathall Llavedhall		
12:00 PM	6:00am-6:45pm		Squash, Raquetball, Handball, Table Tennis Courts Available	Queenex	
12:30 PM		Open Gym	Table Terrins Courts Available	12:15 pm- 1:00pm	
1:00 PM		11:00am - 3:45pm	6:00am - 9:30pm		
1:30 PM		22.00diii 3.15piii	elecani sisepin		
2:00 PM			Equipment available		
3:00 PM			at Membership Desk		
3:30 PM					
4:00 PM		Volleyball			
5:00 PM		4:00 pm- 6:00pm			
5:30 PM		4.00 pm 0.00pm			Pilates
6:00pm					5:45pm - 6:30pm
6:30 PM					
					Strength & Conditioning
7:00 PM		0			6:45 - 7:30pm
7:30 PM		Open Gym 6:15 pm- 9:15pm			•
7:50 PIVI	Soccer	0.13 pm - 9.13pm			
8:00 PM	7:00pm-9:15pm				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 8:00 AM 9:00 AM	Open Gym 6:00am - 10:00am 6:00am-11:15am Early On 10:00am - 11:00am				
10:00 AM 10:30 AM			Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:15pm Equipment available		
11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Pickle Ball 11:30am -1:30pm				Cycle 12:15pm - 1:00pm Yoga
1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM	Open Gym 1:15pm - 9:15pm	Open Gym 11:00am - 6:45pm	at Membership Desk		1:15pm - 2:00pm ViPR Pro 6:00pm - 6:45pm
7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM		Badminton 7:00pm - 9:15pm			· · ·



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	SATURDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM 8:30 AM 9:00 AM 9:30 AM		Badminton 8:00am - 11:00am			Barre 9:30am - 10:15am	
10:00 AM		Dpen Gym Dam - 5:15pm				
11:00 AM	0		Squash, Raquetball, Handball, Table Tennis Courts Available		Zumba 10:30am - 11:30am	
11:30 AM 12:00 PM 12:30 PM	8:00am - 5:15pm		8:00am - 5:15pm Equipment available at Membership Desk		Strength & Conditioning 11:45am - 12:45pm	
1:00 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM		Valle, de all				
4:00 PM		Volleyball				
5:00 PM 5:30 PM		3:30pm - 5:15pm				

FACILITY HOURS
Monday - Friday 6:00am - 9:30pm
Saturday 8:00am - 5:30pm
Sunday 8:00am - 4:00pm
Holidays: 8:00 am - 4:00 pm

SWIM ADMISSION CRITERIA

Children ages 0 - 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Children ages 7 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.