

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	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					
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	Open Gym 10:45am - 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					
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
12:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am-1230pm				Queenex 12:15pm - 1:00pm			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Open Gym 1:45pm - 9:15pm	Open Gym 11:00m - 6:45pm						
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM							Express Circuit 5:00pm - 5:30pm	
5:30 PM								
6:00 PM						Pilates 5:45pm - 6:30pm		
6:30 PM								
7:00 PM		Badminton 7:00pm - 9:15pm				Zumba 6:45pm - 7:45pm		
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

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Shine On

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		Open Gym 11:00am - 9:15pm			
11:30 AM					
12:00 PM					HIIT 12:15pm - 1:00pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM				Yoga 5:45pm - 6:30pm	
6:00 PM					
6:30 PM					
				Strength and Conditioning 6:45 pm- 7:30pm	
7:00 PM	Soccer 7:00pm- 9:15pm		Squash League Court 5 and 6 *beginners welcome		
7:30 PM					
8:00 PM					Zumba 7:45pm - 8:45pm
8:30 PM					
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		Early On 10:00am - 11:00am						
9:00 AM								
9:30 AM		Open Gym 11:00am - 4:15pm			Ball Fit 9:15am - 10:00am			
10:00 AM								
10:30 AM	Pickle Ball 11:30am-1:30pm				Pilates 10:15am - 11:00am			
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM	Newcomer Youth Centre 4:30 - 6:00pm April 2 - May 21				Express Core 12:15 pm- 12:45pm			
1:00 PM								
1:30 PM								
2:00 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30PM								
5:00 PM	Pickle Ball 6:00pm - 8:00pm	Open Gym 6:15pm - 9:15pm		Express Circuit 5:00pm - 5:30pm				
5:30 PM								
6:00 PM					ViPR Pro 6:00pm - 6:45pm			
6:30 PM								
7:00 PM	Open Gym 8:00pm - 9:15pm				Yoga 7:00pm - 7:45pm			
7:30 PM								
8:00 PM								
					Zumba 8:00pm - 8:45pm			
8:30 PM								
9:00 PM								

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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		
					Yoga 6:15am - 7:00am
6:30 AM					
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		Open Gym 11:00am - 3:45pm			
11:00 AM					
11:30 AM					
12:00 PM				Queenex 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		Volleyball 4:00 pm- 6:00pm			
5:00 PM					
5:30 PM		Open Gym 6:15 pm- 9:15pm			Pilates 5:45pm - 6:30pm
6:00pm					
6:30 PM					
				Strength & Conditioning 6:45 - 7:30pm	
7:00 PM	Soccer 7:00pm-9:15pm				
7:30 PM					
					Yoga 7:45pm - 8:45pm
8:00 PM					
8:30 PM					
9:00 PM					

FRIDAY						
	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			
7:00 AM						
8:00 AM		Early On 10:00am - 11:00am				
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM	Pickle Ball 11:30am -1:30pm	Open Gym 11:00am - 6:45pm	6:00am - 9:15pm Equipment available at Membership Desk			
11:30 AM						
12:00 PM					Cycle 12:15pm - 1:00pm	
12:30 PM					Yoga 1:15pm - 2:00pm	
1:00 PM						
1:30 PM	Open Gym 1:15pm - 9:15pm					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM		Badminton 7:00pm - 9:15pm				
8:00 PM						
8:30 PM						
9:00 PM						

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SATURDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM	Open Gym 8:00am - 5:15pm	Badminton 8:00am - 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						
10:00 AM					Barre 9:30am - 10:15am	
10:30 AM						
11:00 AM				Zumba 10:30am - 11:30am		
11:30 AM						
12:00 PM				Strength & Conditioning 11:45am - 12:45pm		
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: 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.