



Hamilton Downtown Family YMCA - Schedule at a Glance

September 11 - December 23 2023

MONDAY									
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL			
6:00 AM	Open Gym 6:00 - 9:30	Open Gym 6:00 - 6:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			Lane Swim 6:30 - 9:45			
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM								Back to Living Well 9:00-9:45	
10:00 AM									Aquafit 10:00 - 10:45
10:30 AM									
11:00 AM									
11:30 AM								Zumba Gold 11:30 - 12:15	Lane Swim 11:00 - 1:00
12:00 PM				Queenax 12:15 - 1:00					
12:30 PM									
1:00 PM									
1:30 PM					Optimal Fitness 1:45-2:45	Pool Closed 1:00 - 4:15			
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM						Open Swim / 1 Lane 4:15-5:00			
5:00 PM									
5:30 PM				TRX 5:30 - 6:15					
6:00 PM									
6:30 PM					Yoga 6:30 - 7:30	Rental 5:00-8:00			
7:00 PM									
7:30 PM		Badminton 7:00-9:00			Zumba 7:45 - 8:15				
8:00 PM						Lane Swim 8:00-9:00			
8:30 PM									
9:00 PM									
9:30 PM									

TUESDAY									
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL			
6:00 AM	Open Gym 6:00 - 9:30	Open Gym 6:00 - 6:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 5:30pm Equipment available at Membership Desk			Rental 6:00 - 7:30			
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM								Gentle Fit 9:45-10:30	Lane Swim 7:30 - 1:00
10:30 AM								Optimal Fitness 11:00 - 12:00	
11:00 AM									
11:30 AM									
12:00 PM					HIIT 12:15 - 1:00				
12:30 PM									
1:00 PM									
1:30 PM						Pool Closed 1:00 - 4:15			
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM						Open Swim / 1 Lane 4:15-5:30			
4:00 PM									
5:00 PM									
5:30 PM			Youth Racquetball 5:30 - 7:30 (Racquetball Courts)						
6:00 PM						Rental 5:30-7:30			
6:30 PM					Strength & Conditioning 6:30 - 7:15				
7:00 PM									
7:30 PM		Volleyball 7:00 - 9:00			Yoga 7:30 - 8:30	Lane Swim 7:30-9:00			
8:00 PM			Open Courts 7:30 - 9:30						
8:30 PM									
9:00 PM									
9:30 PM									

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Programs
- Drop in Recreational Sports



WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL		
6:00 AM	Open Gym 6:00 - 9:30	Open Gym 6:00 - 6:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			Rental 6:00 - 7:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								Lane Swim 7:30 - 9:45
9:00 AM								
9:30 AM								
10:00 AM								Hydrotherapy 10:00 - 10:45
10:30 AM								
11:00 AM								
11:30 AM								Lane Swim 11:00 - 1:00
12:00 PM								
12:30 PM								
1:00 PM					Strength and Conditioning 12:15 - 1:00			
1:30 PM								
2:00 PM					Optimal Fitness 1:45-2:45			
2:30 PM					Pool Closed 1:00 - 4:15			
3:00 PM								
3:30 PM								
4:00 PM					Open Swim / 1 Lane 4:15-5:30			
5:00 PM								
5:30 PM				TRX 5:30 - 6:15				
6:00 PM								
6:30 PM					Yoga 6:30 - 7:30			
7:00 PM								
7:30 PM		Badminton 7:00-9:00			Zumba 7:45 - 8:15			
8:00 PM					Lane Swim 7:30-9:00			
8:30 PM								
9:00 PM								
9:30 PM								

THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL		
6:00 AM	Open Gym 6:00 - 6:30	Open Gym 6:00 - 9:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			Rental 6:00 - 7:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								Gentle Fit 10:00 - 10:45
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM				Queenax 12:15 - 1:00				
12:30 PM								
1:00 PM					Zumba 1:15 - 2:00			
1:30 PM								
2:00 PM					Pool Closed 1:00 - 4:15			
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM					Lane Swim 4:15-5:00			
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM					Strength & Conditioning 6:30 - 7:15			
7:00 PM								
7:30 PM	Soccer 7:00-9:00				Yoga 7:30 - 8:30			
8:00 PM					Open Swim/ 1 Lane 8:00-9:00			
8:30 PM								
9:00 PM								
9:30 PM								

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Programs
- Drop in Recreational Sports



FRIDAY

	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL			
6:00 AM	Open Gym 6:00-9:30	Open Gym 6:00 - 9:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk						
6:30 AM									
7:00 AM								Lane Swim 6:30 - 9:45	
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM								Back to Living Well 9:00 - 9:45	
9:30 AM									
10:00 AM									
10:30 AM									Aquafit 10:00 - 10:45
11:00 AM								Optimal Fitness 11:00 - 12:00	Lane Swim 11:00 - 1:00
11:30 AM								HIIT 12:30 - 1:15	
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									Pool Closed 1:00 - 4:15
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
5:00 PM									Open Swim / 1 Lane 4:15-6:30
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM						Rental 6:30-8:00			
7:30 PM									
8:00 PM						Lane Swim 8:00-9:00			
8:30 PM									
9:00 PM									
9:30 PM									

SATURDAY

	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL		
8:00 AM	Open Gym 8:00 - 9:00		Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 5:30pm Equipment available at Membership Desk			Lane Swim 8:00-9:00		
8:30 AM								
9:00 AM	Basketball Skills Development 9:00 - 12:00 (Half Gym)	Badminton 9:00 - 11:00					Swimming Lessons 9:00-11:00	
10:00 AM						Zumba 10:00 - 10:45		
10:30 AM								
11:00 AM								
11:30 AM		Open Gym 11:30 - 1:30				Strength & Conditioning 11:45 - 12:30	Open Swim / 1 lane 11:00-2:00	
12:00 PM						Yoga 12:45 - 1:45		
12:30 PM	Open Gym 12:00 - 5:30							
1:00 PM								
1:30 PM								
2:00 PM				Volleyball 2:00 - 5:00				Aquatic Leadership/ 1 lane 2:00 - 5:00
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
5:00 PM								
5:30 PM								

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Programs
- Drop in Recreational Sports



SUNDAY						
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL
8:00 AM	Open Gym 8:00 - 1:30	Open Gym 8:00 - 11:30	Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 4:00pm Equipment available at Membership Desk			Lane Swim 8:00 - 12:00
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		Volleyball 12:00 - 2:00				Open Swim / 1 lane 12:00 - 3:30
1:30 PM						
2:00 PM						
2:30 PM	Soccer 2:00 - 4:00	Open Gym 2:00 - 4:00				
3:00 PM						
3:30 PM						
4:00 PM						

- Lane Swim
- Drop in Gym / Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop in Recreational Sports

FACILITY HOURS	
Mon-Fri: 6:00 am - 9:30 pm	
Sat 8:00 am - 5:30 pm	Sun 8:00am - 4:00pm
Holidays: 8:00 am - 2:00 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.