



# 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						
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						Lane Swim 6:30 - 9:45	
11:30 AM							
12:00 PM		Pickleball 11:30 - 1:00	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk				AquaFit 10:00 - 10:45
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	Soccer 5:00 - 7:00			Queenax 12:15 - 1:00	Cyclefit 12:00 - 12:45	Lane Swim 11:00 - 1:00	
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM		Badminton 7:00-9:00				Pool Closed 1:00 - 3:45	
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
						Open Swim / 1 Lane 3:45-5:00	
				TRX 5:30 - 6:15		Rental 5:00-8:00	
					Yoga 6:30 - 7:30		
					Zumba 7:45 - 8:30	Lane Swim 8:00-9:00	

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

- 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 - 11:15	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				Pickleball 11:30 - 1:00		Strength and Conditioning 12:15 - 1:00		
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM							Optimal Fitness 1:45-2:45	
2:30 PM								
3:00 PM		Open Gym 1:15 - 6:45						
3:30 PM								
4:00 PM								
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						
8:00 PM								
8:30 PM					Lane Swim 7:30-9:00			
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								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM							Queenax 12:15 - 1:00	
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								
6:00 PM								
6:30 PM								
7:00 PM					Gentle Fit 10:00 - 10:45			
7:30 PM	Soccer 7:00-9:00							
8:00 PM								
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 - 11:15	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								Lane Swim 6:30 - 9:45
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM				Pickleball 11:30 - 1:00				
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								
6:00 PM		Open Gym 1:15 - 9:30						
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

### SATURDAY

	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL	
8:00 AM	Open Gym 8:00-5:30		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							
9:30 AM				Badminton 9:00 - 11:00			
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM				Open Gym 11:30 - 1:30			
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM		Volleyball 2:00 - 5:00					
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 - 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.