



Hamilton Downtown Family YMCA - Schedule at a Glance

March 22 - June 28 2024

MONDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00-6:45	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					Back to Living Well 9:00-9:45
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Pickleball 11:30 - 1:00			Queenax 12:15 - 1:00	Cyclefit 12:15 - 1:00
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM	Open Gym 1:15 - 4:45				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM	Soccer 5:00 - 7:00			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 - 8:30
8:00 PM	Open Gym 7:15 - 9:15				
8:30 PM					
9:00 PM					
9:30 PM					

TUESDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 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		
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					HIIT 12:15 - 1:00
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM				Walkfit 2:00 - 2:45	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					Strength and Conditioning 6:30-7:15
7:00 PM					
7:30 PM	Soccer 7:00-9:00	Volleyball 7:00 - 9:00			VI PR Pro 7:30-8:15
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					



WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00-6:45	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					
11:30 AM	Pickleball 11:30 - 1:00				
12:00 PM					Express Core 12:15 - 12:45
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:15 - 9:15				
2:00 PM					
2:30 PM					
3:00 PM					
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		Badminton 7:00-9:00			
7:30 PM					
8:00 PM					Zumba 8:00-8:45
8:30 PM					
9:00 PM					
9:30 PM					

THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 6:30	Open Gym 6:00 - 9:15	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					
8:30 AM					
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2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					Gentle Fit 10:00 - 10:45
7:00 PM				Queenax 12:15 - 1:00	
7:30 PM	Soccer 7:00-9:00				
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Lane Swim
 Drop In Group Fitness
 Drop in Gym / Swim
 Registered Programs

Drop in Recreational Sports



FRIDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	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							
8:30 AM							
9:00 AM							
9:30 AM					Back to Living Well 9:00 - 9:45		
10:00 AM							
10:30 AM							
11:00 AM		Open Gym 6:00 - 9:15					
11:30 AM	Pickleball 11:30 - 1:00				Yoga 12:15 - 1:15		
12:00 PM							
12:30 PM							
1:00 PM	Open Gym 1:15 - 9:15						
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					Barre 6:00 - 6:45		
6:30 PM							
7:00 PM		Zumba 7:00 - 7:45					
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

SATURDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00-5:15		Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 5:30pm Equipment available at Membership Desk		
8:30 AM					
9:00 AM		Badminton 9:00 - 11:00			
9:30 AM					
10:00 AM					VIPR Pro 10:15 - 11:00
10:30 AM					
11:00 AM					
11:30 AM		Open Gym 11:30 - 12:45			Strength & Conditioning 11:45 - 12:45
12:00 PM					
12:30 PM					Zumba 1:00 - 1:45
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM		Volleyball 2:00 - 5:00			Yoga 2:45 - 3:45
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					



SUNDAY

SUNDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM	Open Gym 800 - 1:30	Open Gym 8:00 - 11:30	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					HIIT 10:00 - 10:45	
10:00 AM					Yoga 11:00 - 12:00	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM				Volleyball 12:00 - 2:00		
1:00 PM						
1:30 PM	Soccer 2:00 - 3:45					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
		Open Gym 2:00 - 3:45				

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

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.