

# Hamilton Downtown Family YMCA - Schedule at a Glance

January 6, 2025 - March 30, 2025

11:00 AM	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
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1239PM   1230m-1230pm   1230m-1230					Outcomov	
Degrimes 11:30mm   Degrimes 11						
Table Tennis Cours   Available			Open Gym	Squash, Raquetball, Handball,	12.15рт 1.00рт	
Available		*Beginners 11:30am-1230pm		6:00am - 6:45pm  Table Tennis Courts Available		
2-30 PM						
South   Sout		1				
Sap PM		Open Gvm		6:00am - 9:30pm		
Color   Colo				Equipment a vilable		
Sop PM						
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Solution						
Strength and Condition   Strength and Condition		Soccer			1	
Scheme   S	5:30 PM					Dilates
Coper Gym   Cope	6:00 PM	3.00pm 7.00pm		-		
Copen Gym   Copen Gym   Copen Gym   Copen Gym   Colorm		-		-		5. 15pm - 6.56pm
Company   Comp				_		7. maha
South   Sout		-		-		
### Supply   Supply		Open Gym		-		0.43pm - 7.43pm
### TUESDAY    MAIN GYM		7:15pm - 9:15pm	7:00pm - 9:15pm			
MAIN GYM						
MAIN GYM				TUESDAY		
Goo AM		MAIN GYM	AUX GYM		FITNESS FLOOR	STUDIO
Gentle Fit   10:00 am	6:00 AM					
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Squash, Raquetball, Handball, Table Tennis Courts Available   12:15pm - 1:00pm						
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1:00 PM 1:30 PM 2:00 PM 2:00 PM 6:00 am - 9:15 pm  Equipment available at Membership Desk  Figure 1	12:30 PM	6:00am - 6:45pm		Table Tennis Courts Available		12:15pm - 1:00pm
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6:30 PM  Strength and Condition 6:45 pm-7:30pm						
Strength and Condition 6:45 pm-7:30pm	6:00 PM					5:45pm - 6:30pm
	6:30 PM					Strength and Conditioning
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7:30 PM Soccer		Soccer				
8:00 PM 7:00pm- 9:15pm Zumba						Zumba
7.45 0.45	8:00 PM	7.00pm- 9.13pm				
9:00 PM	8:00 PM 8:30 PM					71 TOPITE 0. TOPITE

WEDNESDAY						
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9:00 AM	6:00am-11:15am		_		Control Control	
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9:30 AM			_		9.13am - 10.00am	
10:00 AM					Pilates	
					10:15am - 11:00am	
10:30 AM 11:00 AM			_		20.20diii 22.00diii	
11:30 AM						
12:00 PM					Express Core	
12:30 PM	Pickle Ball		Squash, Raquetball, Handball,		12:15 pm- 12:45pm	
1:00 PM	11:30am-1:30pm		Table Tennis Courts Available			
1:30 PM		Open Gym	6:00am - 9:30pm			
2:00 PM		6:00am - 9:15pm	0.00am - 9.30pm			
2:30 PM			Equipment available			
3:00 PM			at Membership Desk			
3:30 PM						
4:00 PM						
				Express Circuit		
5:00 PM				5:00pm-5:30pm		
5:30 PM						
6:00 PM	Open Gym				ViPR Pro	
	1:45pm - 9:15pm				6:00pm - 6:45pm	
6:30 PM						
7:00 PM					Yoga	
7:30 PM					7:00pm - 7:45pm	
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0.001111				Zumba		
8:30 PM			8:00pm - 8:45pm			
9:00 PM						
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6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:00 PM 12:30 PM 1:00 PM 3:00 PM 3:30 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM	<b>Open Gym</b>	Open Gym	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available	Queenex	Gentle Fit 10:00am - 10:45am  Pilates 5:45pm - 6:30pm	
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			FRIDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	Open Gym				
9:00 AM	6:00am-11:15am				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Pickle Ball 11:30am -1:30pm		Squash, Raquetball, Handball,		
12:00 PM			Table Tennis Courts Available		Cycle
12:30 PM			600 045		12:15pm - 1:00pm
1:00 PM		Open Gym	6:00am - 9:15pm  Equipment available at Membership Desk		Yoga
1:30 PM		6:00am - 9:15pm			1:15pm - 2:00pm
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM	Open Gym 1:15pm - 9:15pm				
5:30 PM					
6:00 PM					ViPR Pro
6:30 PM					6:00pm - 6:45pm
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					

			SATURDAY		
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM		Open Gym			
8:30 AM		8:00am - 8:45am			
9:00 AM					
9:30 AM		Badminton			Barre
10:00 AM		9:00am - 11:00am			9:30am - 10:15am
10:30 AM			Squash, Raquetball,		Zumba
11:00 AM	Open Gym 8:00am - 5:15pm		Handball, Table Tennis Courts Available 8:00am - 5:15pm		10:30am - 11:30am
11:30 AM			Farrisans and available		Strength & Conditioning
12:00 PM		Open Gym	Equipment available at Membership Desk		11:45am - 12:45pm
12:30 PM		11:15am - 5:15pm	at Membership besk		
1:00 PM		11.15am - 5.15pm			
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					



	SUNDAY					
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM		Open Gym				
10:00 AM	Open Gym 8:00am - 1:45pm  8:00am - 1:45pm  Volleyball  Equipment available					
10:30 AM						
11:00 AM						
11:30 AM			8:00am - 4:00pm			
12:00 PM		Volleyball				
12:30 PM						
1:00 PM		at Membership Desk				
1:30 PM						
2:00 PM						
2:30 PM	Soccer	Open Gym				
3:00 PM	2:00 pm- 3:45pm	2:15pm - 3:45pm				
3:30 PM						
4:00 PM						

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

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.