



Hamilton Downtown Family YMCA - Schedule at a Glance

January 6, 2025 - March 30, 2025

MONDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 6:45pm	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					
12:30 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am-1230pm			Queenex 12:15pm - 1:00pm	
1:00 PM	Open Gym 1:45pm - 4:45pm				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Soccer 5:00pm - 7:00pm			Express Circuit 5:00pm - 5:30pm	
5:30 PM					
6:00 PM					Pilates 5:45pm - 6:30pm
6:30 PM					
7:00 PM	Open Gym 7:15pm - 9:15pm	Badminton 7:00pm - 9:15pm			Zumba 6:45pm - 7:45pm
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					

TUESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am - 6:45pm	Open Gym 6:00am - 9:15pm	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 10:00am - 10:45am
10:30 AM					
11:00 AM					
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					
	Soccer 7:00pm- 9:15pm				Strength and Conditioning 6:45 pm- 7:30pm
7:00 PM					
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 - 9:15pm	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					Strength and Conditioning 9:15am - 10:00am			
10:00 AM					Pilates 10:15am - 11:00am			
10:30 AM								
11:00 AM								
11:30 AM	Pickle Ball 11:30am-1:30pm					Express Core 12:15 pm- 12:45pm		
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	Open Gym 1:45pm - 9:15pm							
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
5:00 PM					Express Circuit 5:00pm - 5:30pm			
5:30 PM								
6:00 PM						ViPR Pro 6:00pm - 6:45pm		
6:30 PM								
7:00 PM						Yoga 7:00pm - 7:45pm		
7:30 PM								
8:00 PM								
8:30 PM						Zumba 8:00pm - 8:45pm		
9:00 PM								
THURSDAY								
				MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM				Open Gym 6:00am-6:45pm	Open Gym 6:00am - 9:15pm	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 10:00am - 10:45am					
10:30 AM								
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								
5:00 PM								
5:30 PM								
6:00 PM				Pilates 5:45pm - 6:30pm				
6:30 PM								
7:00 PM	Soccer 7:00pm-9:15pm			Strength & Conditioning 6:45 - 7:30pm				
7:30 PM								
8:00 PM				Yoga 7:45pm - 8:30pm				
8:30 PM								
9:00 PM								



FRIDAY							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00am-11:15am						
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	Pickle Ball 11:30am -1:30pm	Open Gym 6:00am - 9:15pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:15pm Equipment available at Membership Desk				
12:00 PM					Cycle 12:15pm - 1:00pm		
12:30 PM	Open Gym 1:15pm - 9:15pm			Yoga 1:15pm - 2:00pm			
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					ViPR Pro 6:00pm - 6:45pm		
6:30 PM							
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 8:00am - 5:15pm	Open Gym 8:00am - 8:45am	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		Badminton 9:00am - 11:00am			Barre 9:30am - 10:15am	
10:00 AM						
10:30 AM					Zumba 10:30am - 11:30am	
11:00 AM						
11:30 AM						
12:00 PM						Strength & Conditioning 11:45am - 12:45pm
12:30 PM				Open Gym 11:15am - 5:15pm		
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						



SUNDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 1:45pm	Open Gym 8:00am - 11:45am	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		Volleyball 12:00 - 2:00			
1:30 PM					
2:00 PM	Soccer 2:00 pm- 3:45pm	Open Gym 2:15pm - 3:45pm			
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

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

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.