

HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

January 9 - April 1, 2023

Monday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!		Pool closed
6:30 AM						
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10:30 AM						
11:00 AM						Lane Swim 7:30 - 9:30
11:30 AM	Pickle Ball 11:30 - 1:30	Open Gym 6:00 - 9:00		Queenex 12:15 - 1:00	Zumba 12:15 - 1:15	Aqua Fit 10:00 - 10:45
12:00 PM						Lane Swim 10:45 - 11:30
12:30 PM						Pool Closed 11:30 - 4:00
1:00 PM						
1:30 PM	Open Gym 2:00 - 6:30	Open Gym 6:00 - 9:00				
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						Open Swim/ 1 Lane 4:15 - 5:00
5:00 PM						Lane Swim 5:00 - 6:00
5:30 PM				*new* TRX 5:30 - 6:15		
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM	Soccer 7:00 - 9:00	Open Gym 6:00 - 9:00			Yoga 6:30- 7:15	Rental 6:00 - 9:00
8:00 PM						
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9:30 PM						

Tuesday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 6:30	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!		Rental 6:00 - 7:30 †
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10:30 AM						
11:00 AM						Lane Swim 8:00 - 1:00
11:30 AM					Gentle Fit 10:00 - 10:45	
12:00 PM						Pool Closed 1:00 - 4:00
12:30 PM					HIIT 12:15 - 1:00	
1:00 PM	Pickle Ball 5:30 - 7:30	Open Gym 6:00 - 9:00				
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3:30 PM						
4:00 PM						Lane Swim 4:15 - 6:00
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM					Strength & Conditioning 6:30 - 7:15	Open Swim (1 lane) 6:15 - 8:45
7:00 PM						
7:30 PM	Open Gym 7:30 - 9:00	Volleyball 7:30 - 9:00				
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Wednesday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!	Yoga 8:30 - 9:30	Pool closed
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11:00 AM						
11:30 AM	Pickle Ball 11:30 - 1:30	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	*new* TRX 5:30 - 6:15	Muscle Fit 12:15 - 1:00	Lane Swim 7:30 - 9:45
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Thursday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!	Gentle Fit 10:00 - 10:45	Rental 6:00 - 7:30 †
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10:30 AM						
11:00 AM						
11:30 AM	Pickle Ball 11:30 - 1:30	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Queenex 12:15 - 1:00	Strength & Conditioning 6:30 - 7:15	Lane Swim 7:30 - 1:00
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Friday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
6:00 AM	Open Gym 6:00 - 11:00	Open Gym 6:00 - 9:00	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!		Pool closed
6:30 AM						
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11:00 AM						
11:30 AM	Pickle Ball 11:30 - 1:30					Lane Swim 7:30 - 9:30
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 1:00 - 9:00	Rental 5:30- 6:30			Yoga 6:00 - 7:00	Aqua Fit 10:00 - 10:45
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Saturday						
	Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool
8:00 AM	Open Gym 8:00 - 5:30	Open Gym 8:00 - 1:30	Squash Raquetball, Handball and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!	Boot Camp 11:45 - 12:30	Lane Swim 8:00 - 11:00
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Sunday						
	Main Gym	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 and Table Tennis courts available - Equipment available at Membership desk	Daily YThrive Appointments Available - Speak to a Membership Associate for more details!		Lane Swim 8:30 - 12:00
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12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Soccer 2:00 - 4:00	Open Gym 2:00 - 4:00				Open Swim 12:15 - 3:00
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Facility Hours
Monday - Friday: 6:00am - 9:30pm Saturday: 8:00am - 5:30pm Sunday: 8:00am - 4:00pm
Drop In Recreational Sports
Drop In Group Fitness
† Community Rental - provides own lifeguard
Daily YThrive Appointments Available - Please Speak to a Membership Associate for More Details