

HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

January 9 - April 1, 2023

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

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

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

Sunday								
Main Gym	Aux Gym	Courts	Fitness Floor	Studio	Pool			
8:00 AM								
8:30 AM	Open Gym 8:00 - 11:30		Daily YThrive Appointments Available - Speak to a Membership Associate for more details!		Lane Swim 8:30 - 12:00			
9:00 AM							9:00 AM	
9:30 AM							9:30 AM	
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10:30 AM							10:30 AM	
11:00 AM								
11:30 AM	Open Gym 2:00 - 4:00				Pool Closed 1:00 - 4:00			
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2:00 PM								
2:30 PM	Open Gym 2:00 - 4:00				Pool Closed 1:00 - 4:00			
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4:00 PM							4:00 PM	
4:30 PM							4:30 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

