



Hamilton Downtown Family YMCA - Schedule at a Glance

May 7 - July 2, 2023

MONDAY							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL	
6:00 AM							
6:30 AM							
7:00 AM						Lane Swim 6:30-8:15	
7:30 AM						Closed 8:15-8:30	
8:00 AM	Open Gym 6:00-11:00					Lane Swim 8:30 - 9:45	
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM						AquaFit 10:00 - 10:45	
10:30 AM							
11:00 AM					Zumba 11:15 - 12:15		
11:30 AM						Lane Swim 11:00 - 1:00	
12:00 PM	Pickle Ball 11:30-1:30	Open Gym 6:00am - 9:30pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk	Queenax 12:15 - 1:00			
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM						Pool Closed 1:00 - 4:00	
2:30 PM							
3:00 PM							
3:30 PM	Open Gym 2:00-6:30					Open Swim / 1 lane 4:15 - 5:00	
4:00 PM						Lane Swim 5:00 - 6:00	
5:00 PM							
5:30 PM				TRX 5:30 - 6:15			
6:00 PM							
6:30 PM					Yoga 6:30 - 7:15		
7:00 PM						Rental 6:00 - 9:00	
7:30 PM	Soccer 7:00-9:00						
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

TUESDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL
6:00 AM						Rental 6:00 - 7:30
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Open Gym 6:00 - 5:00				Gentle Fit 10:00 - 10:45	Lane Swim 7:30 - 1:00
10:30 AM						
11:00 AM			Open Gym 6:00 - 6:30	Squash, Raquetball, Handball, Table Tennis Courts Available		
11:30 AM						
12:00 PM					HITT 12:15 - 1:00	
12:30 PM						
1:00 PM			6:00am - 9:30pm			
1:30 PM			Equipment available at Membership Desk			Pool Closed 1:00 - 4:00
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						Lane Swim 4:15 - 6:00
5:30 PM						
6:00 PM	Pickle Ball 5:30 - 7:30					
6:30 PM					Strength & Conditioning 6:30 - 7:15	Open Swim / 1 lane 6:15 - 9:00
7:00 PM		Volleyball 7:00 - 9:00				
7:30 PM	Open Gym 7:30 - 9:30					
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

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



WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL			
6:00 AM	Open Gym 6:00-11:00	Open Gym 6:00am - 9:30pm	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								Yoga 8:30 - 9:30	Lane Swim 6:30 - 9:45
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM									Hydrotherapy 10:00 - 10:45
10:30 AM									
11:00 AM									
11:30 AM	Pickle Ball 11:30-1:30					Lane Swim 11:00 - 1:00			
12:00 PM					Strength and Conditioning 12:15 - 1:00				
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM	Open Gym 2:00-6:30					Pool Closed 1:00 - 4:00			
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM						Open Swim / 1 lane 4:15 - 5:25			
5:00 PM									
5:30 PM				TRX 5:30 - 6:15					
6:00 PM									
6:30 PM					Yoga 6:30 - 7:30	Rental 5:30 - 7:30			
7:00 PM									
7:30 PM	Soccer 7:00-9:00					Lane Swim 7:30 - 9:00			
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									

THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL			
6:00 AM	Open Gym 6:00-11:00	Open Gym 6:00am - 9:30pm	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk			Rental 6:00 - 7:30			
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	Lane Swim 7:30 - 1:00
10:30 AM									
11:00 AM									
11:30 AM	Pickle Ball 11:30-1:30								
12:00 PM				Queenax 12:15 - 1:00					
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM	Open Gym 2:00-6:30					Pool Closed 1:00 - 4:00			
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM						Lane Swim 4:15 - 5:00			
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM					Strength & Conditioning 6:30 - 7:15				
7:00 PM									
7:30 PM	Soccer 7:00-9:00					Rental 5:00 - 9:30			
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									

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



FRIDAY								
	MAINGYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL		
6:00 AM	Open Gym 6:00-11:00	Open Gym 6:00 - 3:30	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk					
6:30 AM								Lane Swim 6:30-8:15
7:00 AM								Closed 8:15-8:30
7:30 AM								Lane Swim 8:30 - 9:45
8:00 AM								Aquafit 10:00 - 10:45
8:30 AM								Lane Swim 11:00 - 1:00
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Pickle Ball 11:30-1:30							
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Open Gym 2:00 - 9:30							
2:30 PM								
3:00 PM						Pool Closed 1:00 - 4:00		
3:30 PM								
4:00 PM						Open Swim / 1 lane 4:15 - 5:25		
5:00 PM			Rental 4:00 - 6:00			Lane Swim 5:30 - 6:30		
5:30 PM								
6:00 PM						Rental 6:30 - 8:00		
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM		Open Gym 6:30 - 9:30						
8:30 PM					Lane Swim 8:00 - 9:00			
9:00 PM								
9:30 PM								

SATURDAY								
	MAINGYM	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, Table Tennis Courts Available 8:00am - 5:30pm Equipment available at Membership Desk			Lane Swim 8:00 - 11:00		
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								Boot Camp 11:45 - 12:30
12:00 PM								Open Swim 11:00 - 1:30
12:30 PM								Yoga 12:45 - 1:45
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM		Volleyball 2:00 - 5:00						
4:00 PM								
5:00 PM								
5:30 PM					Open Swim 4:00 - 5:00			

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



SUNDAY						
	MAINGYM	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, Table Tennis Courts Available 8:00am - 4:00pm Equipment available at Membership Desk			Lane Swim 8:30 - 12:00
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			Open Swim 12:15 - 3:30	
1:30 PM						
2:00 PM						
2:30 PM	Soccer 2:00 - 4:00	Open Gym 2:00 - 4:00				
3:00 PM						
3:30 PM						
4:00 PM						

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

FACILITY HOURS
Mon-Fri: 6:00 am - 9:30 pm
Sat & Sun: 8:00 am - 5:30 pm
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.