

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						
8:00 AM	Open Gym					Closed 8:15-8:30
8:30 AM	6:00-11:00					Lane Swim
9:00 AM						8:30-9:45
9:30 AM						
10:00 AM						Aquafit
10:30 AM						10:00 - 10:45
11:00 AM					Zumba	
11:30 AM					11:15-12:15	Lane Swim 11:00 - 1:00
12:00 PM	Pickle Ball		Squash, Raquetball, Handball, Table	Queenax		
12:30 PM	11:30-1:30	Open Gym	Tennis Courts Available	12:15 - 1:00		
1:00 PM		6:00am-9:30pm	6:00am-9:30pm			Pool Closed
1:30 PM			i i			
2:00 PM			Equipment available			1:00 - 4:00
2:30 PM			at Membership Desk			
3:00 PM						
3:30 PM	Open Gym					Open Swim / 1 lane
4:00 PM	2:00-6:30					4:15 - 5:00
5:00 PM						Lane Swim 5:00 - 6:00
5:30 PM				TRX 5:30-6:15		5,00-6,00
6:00 PM				5:50-0:15		
6:30 PM					Yoga 6:30-7:15	Rental 6:00 - 9:00
7:00 PM					0.30-7.13	
7:30 PM	Soccer 7:00-9:00					3.00-9.00
8:00 PM	7.00-2.00					_
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						Lane Swim
10:00 AM					Gentle Fit	7:30 - 1:00
10:30 AM	Open Gym				10:00 - 10:45	
11:00 AM	6:00 - 5:00					
11:30 AM		Open Gym	Coursely Description			
12:00 PM		6:00 - 6:30	Squash, Raquetball, Handball, Table Tennis Courts Available		HIIT	
12:30 PM			Termis cours/ (valuasie		12:15 - 1:00	
1:00 PM			6:00am-9:30pm			
1:30 PM			Equipment available			
2:00 PM			at Membership Desk			Pool Closed 1:00 - 4:00
2:30 PM			·			
3:00 PM						
3:30 PM						
4:00 PM						Lane Swim
5:00 PM						4:15 - 6:00
5:30 PM						
6:00 PM	Pickle Ball 5:30 - 7:30					
6:30 PM	5:30 - 7:30				Strength & Conditioning 6:30-7:15	
7:00 PM					0:30-7:15	Open Swim / 1 lane
7:30 PM		Volleyball 7:00-9:00				6:15-9:00
8:00 PM	Open Gym 7:30-9:30	7:00-9:00				
8:30 PM	7:30-9:30					
9:00 PM						
9:30 PM						



MAIN GYM Open Gym 6:00-11:00	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	POOL
				Voqa	
				Voga	
				Vora	
				Voga	
				Voga	Lana Cuina
6:00-11:00					Lane Swim 6:30 - 9:45
				8:30-9:30	
					Hydrotherapy
					10:00 - 10:45
					Lane Swim 11:00 - 1:00
		Coursely Description Lieuwell Table			
11:30-1:30	Opon Gum	Termina edurez (validade		12:15 - 1:00	
		6:00am - 9:30pm			
		at Membership Desk			Pool Closed
		·			1:00 - 4:00
Open Gym					
2:00-0:30					Open Swim / 1 lane 4:15 - 5:25
					4:13-3:23
					Rental 5:30 - 7:30
			3,30-0,13		
				Yoga 6:30-7:30	
				0.30-7.30	
					Lane Swim
7.50 5.00					7:30-9:00
	Pickle Ball 11:30-1:30 Open Gym 2:00-6:30 Soccer 7:00-9:00	Open Gym 6:00am - 9:30pm	Open Gym 6:00am - 9:30pm Equipment available at Membership Desk Open Gym 2:00-6:30	Copen Gym 6:00am - 9:30pm Equipment available at Membership Desk TRX 5:30 - 6:15	Tennis Courts Available 11:30-1:30 Open Gym 6:00am - 9:30pm Equipment available at Membership Desk TRX 5:30-6:15 Yoga 6:30-7:30

			THURSDAY			
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	POOL
6:00 AM						Devetel
6:30 AM						Rental 6:00 - 7:30
7:00 AM						
7:30 AM						
8:00 AM	Open Gym					
8:30 AM	6:00-11:00					
9:00 AM						
9:30 AM						Lane Swim
10:00 AM					Gentle Fit	7:30 - 1:00
10:30 AM					10:00 - 10:45	750 160
11:00 AM						
11:30 AM						
12:00 PM	Pickle Ball		Squash, Raquetball, Handball, Table Tennis Courts Available	Queenax		
12:30 PM	11:30-1:30		Tel II IIS COURS Available	12:15 - 1:00		
1:00 PM		Open Gym 6:00am - 9:30pm	6:00am - 9:30pm			
1:30 PM		ologam sisopini	Equipment available			
2:00 PM			at Membership Desk			Pool Closed 1:00 - 4:00
2:30 PM						1 001 00000 1100 1100
3:00 PM						
3:30 PM	Open Gym					
4:00 PM	2:00-6:30					Lane Swim
5:00 PM						4:15 - 5:00
5:30 PM						
6:00 PM						
6:30 PM					Strength & Conditioning	Rental 5:00 - 9:30
7:00 PM					6:30-7:15	
7:30 PM	Soccer					
8:00 PM	7:00-9:00					
8:30 PM						
9:00 PM						
9:30 PM						



FRIDAY						
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	POOL
6:00 AM						
6:30 AM						
7:00 AM						Lane Swim 6:30-8:15
7:30 AM						
8:00 AM	Open Gym					Closed 8:15-8:30
8:30 AM	6:00-11:00					Lane Swim
9:00 AM						8:30-9:45
9:30 AM						
10:00 AM		Open Gym				Aquafit 10:00 - 10:45
10:30 AM		6:00-3:30	_			10:00 - 10:45
11:00 AM						
11:30 AM			Squash, Raquetball, Handball, Table			Lane Swim 11:00 - 1:00
12:00 PM	Pickle Ball 11:30-1:30		Tennis Courts Available			
12:30 PM	1130-130				<u> </u>	Pool Closed
1:00 PM 1:30 PM			6:00am - 9:30pm			
2:00 PM			Equipment available			
2:00 PM			at Membership Desk			1:00-4:00
3:00 PM						
3:30 PM						-
4:00 PM						Open Swim / 1 lane
5:00 PM		Rental				4:15-5:25
5:30 PM	Open Gym	4:00 - 6:00				Lane Swim
6:00 PM	2:00 -9:30					5:30-6:30
6:30 PM					Yoga	
7:00 PM					6:30-7:30	Rental 6:30-8:00
7:30 PM						0.30-8:00
8:00 PM		Open Gym 6:30 - 9:30				Lane Swim
8:30 PM		0.50-9.50				8:00-9:00
9:00 PM						
9:30 PM					İ	

			SATURDAY			
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	POOL
8:00 AM						
8:30 AM						
9:00 AM						Lane Swim
9:30 AM						8:00 - 11:00
10:00 AM		Open Gym				
10:30 AM		8:00-1:30				
11:00 AM			Squash, Raquetball, Handball, Table Tennis Courts Available			Open Swim 11:00 - 1:30
11:30 AM			Termis cours / Wallable		Boot Camp	
12:00 PM	Open Gym		8:00am - 5:30pm		11:45 - 12:30	
12:30 PM	8:00 - 5:30		Equipment available		Yoga	
1:00 PM			at Membership Desk		12:45 - 1:45	
1:30 PM			·			
2:00 PM						Aquatic Leadership Course/
2:30 PM		Volleyball				1 Lane
3:00 PM		2:00-5:00				1:30 - 4:00
3:30 PM						
4:00 PM						Open Swim
5:00 PM						4:00 - 5:00
5:30 PM						



			SUNDAY			
	MAIN GYM	AUXGYM	COURTS	FITNESS FLOOR	STUDIO	POOL
8:00 AM						
8:30 AM						
9:00 AM		O C				
9:30 AM		Open Gym 8:00 - 11:30				Lane Swim
10:00 AM	O C					8:30 - 12:00
10:30 AM	Open Gym 8:00 - 1:30		Squash, Raquetball, Handball, Table Tennis Courts Available			
11:00 AM			Tel II IIS COURS Available			
11:30 AM			8:00am-4:00pm			
12:00 PM			5			
12:30 PM		Volleyball	Equipment available at Membership Desk			
1:00 PM		12:00 - 2:00	ucivieriiseisi iip Besik			O 6
1:30 PM						Open Swim 12:15 - 3:30
2:00 PM						.25 555
2:30 PM	Soccer	0				
3:00 PM	2:00-4:00	Open Gym 2:00 - 4:00				
3:30 PM		2.00 1.00				
4:00 PM						

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