



Shine On

Hamilton Downtown Family YMCA - Schedule at a Glance

April 7, 2026 - June 28, 2026

SUNDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Soccer 8:00am - 10:00am	Open Gym 8:00am - 1:30pm	Squash, Raquetball, Handball, Table Tennis Courts Available 8:00am - 4:00pm		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Open Gym 10:00am - 4:00pm	Volleyball 1:30pm - 4:00pm	Equipment available at Membership Desk		Zumba 10:30am - 11:30am
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

MONDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm			
7:00 AM						
8:00 AM						
8:30 AM						
9:00 AM						Yoga 9:15am - 10:15am
9:15 AM						
9:30 AM						
10:00 AM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am- 1230pm	YMCA Childcare 10:00am - 11:00am	Equipment available at Membership Desk			
10:15 AM						
10:30 AM						
11:00 AM						
12:00 PM					Queenex 12:15pm - 1:00pm	
12:30 PM				Open Gym 11:00am - 3:00pm		
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		Badminton 3:00pm - 6:00pm				
5:00 PM						
5:15 PM	Open Gym 1:45pm - 9:30pm	Open Gym 6:00pm - 9:30pm			Cycle Fit 5:15pm - 6:00pm	
5:30 PM						
6:00pm						
6:15 PM						Pilates 6:15pm - 7:00pm
6:30 PM						
7:00 PM						
7:15 PM				Zumba 7:15pm - 8:15pm		
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

- Drop In Rec Sports
- Drop in Gym
- Drop In Group Fitness
- Registered Programming

THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00am-6:45pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:30pm Equipment available at Membership Desk				
7:00 AM							
8:00 AM							
9:00 AM							
9:30 AM							
10:00 AM				YMCA Childcare 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							Express Circuit 12:15 pm- 1:00pm
12:30 PM							
1:00 PM				Open Gym 11:00am - 3:45pm			
1:15 PM							
2:00 PM							
2:15 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30pm		Volleyball 4:00 pm- 6:00pm			CycleFit 4:30pm - 5:15pm		
5:00 PM							
5:15pm							
5:30 PM					Pilates 5:30pm - 6:15pm		
6:00pm							
6:15pm							
6:30 PM							
6:45pm							
7:00 PM	Soccer 7:00pm-9:30pm	Open Gym 6:15 pm- 9:30pm			Strength & Conditioning 6:45pm - 7:30pm		
7:30 PM							
7:45 PM							
8:45 PM						Yoga 7:45pm - 8:45pm	
9:00 PM							

FRIDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00am - 9:30pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available 6:00am - 9:15pm Equipment available at Membership Desk				
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM				YMCA Childcare 10:00am - 11:00am			
10:30 AM							
11:00 AM							
11:30 AM							
12:15 PM							CycleFit 12:15pm - 1:00pm
12:30 PM				Open Gym 11:00am - 3:00pm			
1:00 PM							Yoga 1:15pm - 2:15pm
1:15pm							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		Badminton 3:00pm - 6:00pm					
4:00 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM					ViPR Pro 6:30pm - 7:15pm		
7:15 PM							
7:30 PM		Open Gym 6:00pm - 9:30pm					
8:00 PM							
9:00 PM							

SATURDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
8:00 AM	Open Gym 8:00am - 5:30pm	Badminton 8:15am - 11:00am	Squash League 8:00am - 11:00am (Squash Courts)			
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						Barre 9:30am - 10:15am
10:30 AM				Handball Project Courts 1 - 4 8:45am - 12:00pm		Zumba 10:30am - 11:30am
11:00 AM						
11:30 AM			Open Gym 11:15am - 3:30pm			Strength & Conditioning 11:45am - 12:45pm
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM				Squash, Racquetball, Handball, Table Tennis Courts Available 8:00am - 5:30pm		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM			Volleyball 3:30pm - 5:30pm			
4:00 PM						
5:00 PM						
5:30 PM						

FACILITY HOURS

Monday - Friday 6:00am - 9:30pm

Saturday 8:00am - 5:30pm

Sunday 8:00am - 4:00pm

Holidays: as posted

SWIM ADMISSION CRITERIA

Children ages 0 – 5:

An adult parent or guardian (16 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Children ages 6 – 9 unable to Pass Swim Test:

If unable to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult; with lifejackets, maximum ratio: 6 children: 1 adult.

Children ages 6 – 9 unable to Pass Swim Test:

Must be supervised by parent/guardian (min 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children to 1 adult.

Ages 10 - 15 Years:

Must pass a swim test to access deep-water. If they do not pass, they must stay in the shallow end.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25 Meter non-stop front swim
- 30-second tread in deep end.

Adult Swim test - at the lifeguard's discretion.