

FALL Programs* 2026

*start Sept 21

Monday Sept 21 – Dec 14 No classes Oct 12	Tuesday Sept 22 – Dec 15 No classes Dec 8	Wednesday Sept 23 – Dec 9	Thursday Sept 24 – Dec 10	Friday Sept 25 – Dec 11
Vertical/ Mat Pilates 9:30 – 10:15am \$1 drop-in (LS)	Yoga (Vinyasa) 9:30 - 10:15am \$42.00	Gentle Fit & Balance 9:30 – 10:15am \$1 drop-in (LS)	Cardio Dance 9:15-10:00am \$42.00	Fit Walk 5000 9:00-9:45am \$1 drop-in (LS)
Bones & Balance PLUS 10:30-11:30am \$42.00	Chair Yoga 11:00 – 11:45am \$42.00	Drum Fit 11:00 – 11:45am \$42.00	Bones & Balance PLUS 10:15-11:15am \$42.00	Functional Longevity Fit for Life 10:45-11:30am \$42.00
Latino Cardio 11:45-12:30pm \$42.00		TRX 12:00 – 12:45pm \$22.00 (6 weeks) A. Sept 23 – Oct 28 B. Nov 4 – Dec 9	Posture & Core 11:45 – 12:30pm \$42.00	French Conversational Lessons 11:30am-12:30pm \$36 Sept 25 – Nov 27
See our monthly events list for more workshops and social activities!	Oil Painting 1:00 – 2:30pm \$66.00 + \$20 material fee	Conversational Spanish 1:00 – 2:00pm \$42.00	Drawing & Sketching 1:00 – 2:30pm Oct 15 – Dec 10 (no class Nov 12) \$42.00	
Gentle Fit (chair exercises) 1:00 – 1:45pm \$42.00	FREE Programs require SALC membership	Bones & Balance (gentle) 1:00-1:45pm \$42.00		Gentle Fit (chair exercises) 1:00 – 1:45pm \$42.00
Social Café FREE for members \$2 drop-in non-members 12 – 2pm Dominoes 2 - 4pm Card & Word Games	Social Café FREE for members \$2 drop-in non-members 1 – 3pm American Mahjong	Social Café FREE for members \$2 drop-in non-members 12 – 2pm Cribbage 2 - 4pm Chinese Mahjong	Traditional 24 Tai Chi Sequence 1:30 – 3:00pm FREE for members \$2 drop-in non-members	Social Café FREE for members \$2 drop-in non-members 2 - 4pm Scrabble, Farkle
MONDAY Pickleball 10am – 12pm (starts Sept 21)	Pickleball fee: \$36 for the season	Sashiko (stitching craft) 2:00-4:00pm \$16.00 > Nov 4 - 25 Please bring embroidery scissors if you have them	Our Pickleball games are social and fun! Play Monday Saturday or Both!	SATURDAY Pickleball 9:30 – 11:30am (starts Sept 19)

LS = Livescreen Instructor is live onscreen teaching from another location

Do you have a copy of the Social Events, Education & Activities Calendar?

YWCA HAMILTON, MacNab Location

75 MacNab Street South

Hamilton, ON L8P 3C1

Tel. 905-522-9922

YWCA HAMILTON PROVIDES MEANINGFUL,
ACCESSIBLE SERVICES TO CREATE
OPPORTUNITIES, AMPLIFY VOICES, AND
CO-CREATE GENDER INCLUSIVE AND
EQUITABLE COMMUNITIES.

Charitable Registration BN: 11923 6792 RR0001

TO PARTICIPATE IN PROGRAMS:

~ purchase an annual Seniors Membership (\$37.71)

and

~ register for the program(s) of your choice. **programs subject to change*

- **To register for a program, please visit the reception desk, or call 905-529-7727.**
- The program fee is for full session & includes tax.
- Program registration is recommended to be completed a minimum of 10 Days prior to program start date. Last minute registration may result in disappointment due to program being full, or, cancelled due to low registration.
- FREE programs require a valid annual Seniors Membership

UNSURE of what program to take? Try it first for Free!

Annual Seniors Memberships are valid at:

- YWCA Active Living Centre 55+, MacNab Street
- Putman Family YWCA Active Living Centre 55+, Ottawa Street
- ASAC (Ancaster Senior Achievement Centre)
- Sackville Hill Seniors Recreation Centre
- Flamborough Seniors Centre

Financial Concerns: If you know of someone who would like to participate however has financial barriers, please let a Supervisor (Robin or Duncan) or Manager (Tara) know. We strive to ensure everyone can participate and where possible, financial support is available. Our programs are for everyone.

Parking Pass information

- are available for purchase at reduced cost!
- Parking is in City Hall parking lot 40 (closest to Hunter St on both upper and lower levels).
- Parking Passes can be purchased at the City of Hamilton Parking Customer Service Office, Ask senior services staff for details.

Social Events & Workshops

See our Events Calendar for social events, workshops and community connection opportunities.

Interested in Volunteering?

Reception Greeter, Administration, Kitchen & Social Hub, Events support and more!

Contact Robin 905-522-9922 ext. 173 rmech@ywcahamilton.org