

activelivingcentre@ywcahamilton.org

SPRING Programs 2026

*updated April 12

Programs are 10 weeks or as stated

LS = Livescreen Instructor is live onscreen teaching from another location

Monday No classes May 18	Tuesday	Wednesday No classes May 27	Thursday No classes June 11	Friday
Vertical / Mat Pilates 9:30-10:15am \$1 drop-in (LS)	Latino Cardio 9:15-10:00am \$36	Gentle Fit & Balance 9:30-10:15am \$1 drop-in (LS)	Cardio Dance 9:15-10:00am \$36 *no class May 7	Fit Walk 5000 9:00-9:45am \$1 drop-in (LS)
Chair Yoga 10:30-11:15am \$1 drop-in (LS)	Bones & Balance PLUS 10:15-11:15am \$36	Mind Busters 10:00-11:30am \$52	Bones & Balance PLUS 10:15-11:15am \$36 *no class May 7	Muscles & More 10:00 - 11:00am \$36 *no class April 17
	Watercolour & Ink Painting no class April 21, May 19 11:30am – 1:30pm FULL	Posture & Core 11:00 – 11:45am *available through FFH	Drawing Techniques (April 9 – May 21) no class May 7 11:30am – 1:00pm \$40	French Conversational Lessons 11:00am-12:00pm \$36
See our monthly events list for more workshops and social activities!	Conversational Spanish 1:30 – 2:30pm \$36	TRX training! Functional Strength 12:00 – 12:45pm \$18 (5 weeks) April 8 – May 5 May 13 – June 10	Yoga Flow (chair / mat) 11:30 – 12:15pm \$36 Join in the capacity that works for you! Use the Chair, at or both! This is a Gentle Hatha Yoga class designed to help you move well within your body. Standing & seated poses will be included.	TRX training! Beginner 12:00 – 12:45pm \$18 (5 weeks) May 22 – June 19
Gentle Fit (chair exercises) 1:00 – 1:45pm \$36		Bones & Balance (intro) 1:00-1:45pm \$36	Creative Time Together FREE drop in 11am – 2pm (no instructor) Bring your current creative work & be social while creating	Gentle Fit (chair exercises) 1:00 – 1:45pm \$36 (no class May 8)
Social Café FREE drop in 12 – 2pm Dominoes Chinese Mahjong 2-4pm Card & Word Games	American Mahjong 1:00 – 3:00pm FREE drop in	Social Café FREE drop in 12:00 – 2:00pm Cribbage	American Mahjong (instruction) 1:30 – 3:45pm \$20	Social Café FREE drop in 2:00 – 4:00pm Scrabble, Farkle
Chinese Sewing Circle 2:00 – 4:00pm FREE	FREE Programs require SALC membership	Laptop Lessons 1:00-2:30pm \$52	Traditional 24 Tai Chi Sequence 1:30 – 3:00pm FREE	
MONDAY Pickleball 12:15 – 2:15pm	Pickleball fee: \$36 for the season	Play Monday or Saturday or Both!	Our Pickleball games are social and fun!	SATURDAY Pickleball 9:30 – 11:30am

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

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