

SUMMER Programs 2026

July 6 – September 4

* updated JULY 3

*programs subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Tech Support 1:1 available 9am – 11:00am Book appointment at Reception \$5 per ½ hour	Walk & Talk 8:45 - 9:45am Williams / Pier 8 July 7 – Aug 18 \$8 for the term includes both days	Tech Support 1:1 available 2:30-4:00pm Book appointment at Reception \$5 per ½ hour	Walk & Talk 8:45 -9:45am Gage Park July 9 – Aug 20 \$8 for the term includes both days	LS = Livescreen Instructor is live onscreen teaching from another location
Latino Cardio 9:30-10:15am July 6 - Aug 31 \$29 (8wks)	Fusion Flow 9:30 – 10:15am July 7 - Sept 1 \$22 (6wks) no class July 21, 28 Aug 18	Gentle Fit & Balance 9:30 – 10:15am July 8 - Sept 2 \$1 drop-in (LS)	Cardio Dance 9:30-10:15am July 9 – Aug 27 \$26 (7wks) no class July 30	Latino Cardio 9:30 – 10:15am July 10 - Sept 4 \$1 drop-in (LS)
Bones & Balance PLUS 10:30-11:30am July 6 - Aug 31 \$29 (8wks)	Creative Writing 10:30-11:30am July 7 – July 28 \$12 (4wks)	Drama 10:30-12:00pm July 8 - August 19 \$25 (7wks)	Bones & Balance PLUS 10:30-11:30am July 9 – Aug 27 \$26 (7wks) no class July 30	Ping Pong 9:30 – 11:00am FREE drop-in (members) \$2 drop-in (non-members) July 10 – August 21 (7wks)
CORN HOLE 11:45 – 12:45pm July 6 - Aug 31 \$2 drop-in \$5 for term Includes Friday 2:00pm	Creative Clay 10:30 – 11:30am Aug 4 – Aug 18 \$12 (3wks)	Creative Writing 12:30-1:30 July 29 - Aug 19 \$12 (4wks)		Photography (with your cell phone) 11:30-12:30pm July 17 - Aug 14 \$18 (5wks)
12:00 – 2pm Dominoes FREE drop-in (members) \$2 drop-in (non-members)	Chair Pilates 11:15 – 12:00pm July 7 - Sept 1 \$22 (6wks) no class July 21, 28 Aug 18	Cribbage 12:30 – 2:00pm Chinese Mahjong 1:00 – 3:00pm FREE drop-in (members) \$2 drop-in (non-members)	Acrylics Painting 12:30-2:00pm July 9 - Aug 20 \$25 (7wks)	15% discount when registering for 3 or more classes that are 7wks or longer
Gentle Fit (chair exercises) 1:00 – 1:45pm July 6 - Aug 31 \$29 (8wks)	American Mahjong 1:00 – 3:00pm FREE drop-in (members) \$2 drop-in (non-members)	Bones & Balance (gentle/intro) 1:00-1:45pm July 8 – Sept 2 \$32 (9wks)	American Mahjong (instruction) 1:30 – 3:45pm July 9 – Sept 3 \$18 (9wks)	Gentle Fit (chair exercises) 1:00 – 1:45pm July 10 – Sept 4 \$32 (9wks)
Photography (with your cell phone) 2:15 – 3:15pm July 6 - Aug 10 \$18 (5wks)	Oil Painting delayed (anticipated return Fall 2026)	Conversational Spanish 2:00-3:00pm July 8 – Sept 2 \$32 (9wks)	Interested in Tai Chi ? Please leave name with reception	CORN HOLE 2:00 – 3:00pm July 6 - Aug 31 \$2 drop-in \$5 for term Incl. Monday 11:45am
MONDAY Pickleball 12:15 – 2:15pm July 6 - Aug 31	Pickleball fee: \$32 for the term	Play Monday or Saturday or Both!	Our Pickleball games are social and fun!	SATURDAY Pickleball 9:30 – 11:30am July 4 – Aug 29



Active Living Centre 55+

75 MacNab Street South

905-529-7727

activelivingcentre@ywcahamilton.org



ywcahamilton.org

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

WELCOME TO THE HAMILTON YWCA SENIORS ACTIVE LIVING CENTRE 55+

Where everyone is welcome and friendships are made.

~ Social ~ Creative ~ Physical ~ Mindful ~ Educational

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