

2. Fitness and Sports



The Hamilton Council on Aging, and its network of partner organizations, advocates for an environment that is enabling and supportive of older people, optimizing their opportunities to participate to the fullest in society.

HCoA works to shift perceptions of aging and combat ageism, advocates for the removal of policy barriers, and supports the development of responsive relationships between older adults and institutions. **We believe the community is enhanced by the wisdom experience and participation of older adults.**

Life Enrichment is a combination of many of the key elements that the World Health Organization includes in its definition of an age friendly city. Among these elements are *social participation, respect and social inclusion, and civic participation.*

The Hamilton Council on Aging (HCoA) believes that the more we participate in leisure, recreation, arts, culture, education, and other rewarding activities, the more enriched our lives can become. HCoA recognizes that what is 'enriching' for one, might not be for somebody else. The definition of life enrichment is subjective to each individual. This is why we created a series of life enrichment directories describing opportunities available for older adults in Hamilton in the following categories:

1. Recreation including Adult Day Programs
2. **Fitness and Sports**
3. Life Long Learning
4. Culture and Hobbies
5. Spiritual and Faith Based
6. Volunteerism

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Please note that information in this directory is constantly evolving. Updated information is available by contacting Information Hamilton at 905-528-8127, visiting www.informationhamilton.ca/redbook or calling 211.

Seniors Fitness Programs

Organization	Program	Description	Open to	Requirement	Contact Information
Ancaster Rotary Centre	Active Living	<ul style="list-style-type: none"> - Badminton - Table tennis - Volleyball - General interest activities 	Seniors 55+ from Ancaster and surrounding areas	Membership fee (Senior Rate) of \$20/year, \$20/10 visits, or \$2.95 daily; Additional fee for water fit classes and non-Hamilton	(905) 540-9165
Dominic Agostino Riverdale Community Centre	Active Living	<ul style="list-style-type: none"> - Senior fitness classes - Contact centre for time/ dates and program 	Seniors 55+ from Hamilton and surrounding areas	Membership fee (Senior Rate) of \$20/year, \$20/10 visits, or \$2.95 daily; Additional fee for water fit classes and non-Hamilton	(905) 546-3747
Glanbrook Home Support Programme Incorporated; Gentle fit, fun and brunch	Active Living	<ul style="list-style-type: none"> -Gentle, adapted exercise - Held weekly, year round 	Seniors 60+ from Hamilton and surrounding areas	Nominal weekly Contact organization for more information	(905) 692-3464
Hamilton Community Services Department; Recreation Division	Swimming	<ul style="list-style-type: none"> - Senior swim - Offered at various recreation centres in city - Contact city for list of centres 	Seniors 55+ from Hamilton and surrounding areas	Membership fee (Senior Rate) of \$20/year, \$20/10 visits, or \$2.95 daily; Additional fee for water fit classes and non-Hamilton residents	(905) 546-3747

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Community Services Department; Recreation Division	Ice Skating	<ul style="list-style-type: none"> - Senior skate and shinny - Offered at various arenas in city - Contact city for list of arenas 	Seniors 55+ from Hamilton and surrounding areas	Membership fee (Senior rate)- \$2.95 daily, \$34.00/year; Additional charge for shinny and non-Hamilton residents	(905) 546-3747
Hamilton Public Library (Various branches)	Active Living	<ul style="list-style-type: none"> - Yoga - Tai Chi - Programs offered at various branches - Programs vary each month, contact library for schedule 	Seniors 50+ from Hamilton and surrounding areas	Contact library for fee schedule	(905) 546-3200
Les Charter YMCA	Active Living	<ul style="list-style-type: none"> - Gentle fit - Water walking - Aqua fit - In motion 	Open to all members of Hamilton and surrounding areas	Contact organization for fee schedule	(905) 667-1515
Limeridge Mall Walking Program	Active Living	<ul style="list-style-type: none"> - Walk around mall at own pace - Runs all year 	Open to anyone in community who wishes to participate	None, just drop in Monday- Sat 7am-10am, Sun 9am-11am	(905) 387-4455

Organization	Program	Description	Open to	Requirement	Contact Information
MacSeniors Exercise and Wellness Program	Active Living	<ul style="list-style-type: none"> - Variety of endurance and strength training exercises - Designed to meet the needs and fitness level of each participant 	Seniors 60-80 from Hamilton and surrounding areas	Membership Fee-\$250.00 per year	(905) 525-9140 ext. 24877
McMaster University	Active Living	<ul style="list-style-type: none"> - Pulse fitness centre - Swimming pool - Contact for times/dates and 	Open to all members of Hamilton and surrounding areas	Contact University for fee schedule	(905) 525-9140 ext. 27644
North Hamilton Community Centre	Active Living	<ul style="list-style-type: none"> -Individualized fitness program - Can be done at home or in their gym 	Seniors who are North Hamilton residents ONLY	No Fee	(905) 523-1184
St Josephs Villa Pool	Swimming	<ul style="list-style-type: none"> - Gentle water - Aerobics - Very gentle - Mindful movements - one on one hydro therapy 	Adults from Hamilton and surrounding areas	Fees vary by class; Gentle/Aerobics/ Mindful movements \$6.25/per class; Very gentle \$3.25/per class	(905) 627-3541 ext. 2911
St Josephs Villa S.I.M gym (Seniors in Motion)	Active Living	<ul style="list-style-type: none"> - Low impact aerobics - Tai Chi - Balance classes - Yoga fit - Sit and be fit - Gentle strength training 	Seniors 55+ from Hamilton and surrounding areas	\$25.00 administration fee; Additional fee for monthly membership	(905) 627-3541 ext. 2109

Organization	Program	Description	Open to	Requirement	Contact Information
Taoist Tai Chi Society	Active Living	<ul style="list-style-type: none"> - Beginner classes - Continuing classes - Health recovery classes (for those with special health needs) 	Adults from Hamilton and surrounding areas	Contact organization for fee schedule; special rates available for seniors and retirees	(905) 383-6347
YWCA- Ottawa St.	Active Living	<ul style="list-style-type: none"> - Heart Beat program - Designed for individuals with a heart related condition - Proactive approach to managing health and wellness through two 90 minute physical activity training sessions per week 	Those from Hamilton and surrounding areas	Fee: \$30/ month (+ HST)	(905) 522-9922 press 8 ext. 26
YWCA- Ottawa St.	Active Living	<ul style="list-style-type: none"> - Bones Plus program - Designed for those who have or are at risk of osteoporosis - This is a group weight training class focusing on exercises to strengthen hips and spine - Two 90 minute training sessions per week 	Those from Hamilton and surrounding areas	Fee: \$30/ month (+ HST)	(905) 522-9922 press 8 ext. 26

Organization	Program	Description	Open to	Requirement	Contact Information
YWCA- Various locations	Active Living	<ul style="list-style-type: none"> - FIT pass provides all inclusive access to classes, facilities and equipment and YWCA Hamilton - Access to: pool, sauna, fitness, yoga, Pilates, cycling classes etc. 	Those from Hamilton and surrounding areas	Membership Fee: Seniors 65+ \$44/month	http://www.ywcahamilton.org/programs-and-services/adult-fitness-and-aquatics
YWCA- Various locations	Active Living	<ul style="list-style-type: none"> -AQUA pass provides you with access to aquatic workouts and programs - Access to: pool, sauna, whirlpool, open swims, swimming lessons, aqua fitness etc. 	Those from Hamilton and surrounding areas	Membership Fee: Seniors 65+ \$30/month	http://www.ywcahamilton.org/programs-and-services/adult-fitness-and-aquatics
YWCAencore	Active Living	<ul style="list-style-type: none"> - This is an exercise program for those who have had breast cancer - Designed for women who have had a mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives - Based around pool, floor and relaxation techniques 	Those from Hamilton and surrounding areas	No Fee	(905) 522-9922

Organized Sporting Activities

Organization	Program	Description	Open to	Requirement	Contact Information
Glanbrook Pumpers	Hockey	<ul style="list-style-type: none"> - Hockey every Friday night -Tournaments throughout the season 	Those 55+	Must pay required fees	(905) 692-4326
Glendale Golf and Country Club	Curling	<ul style="list-style-type: none"> - Various leagues offered - Opportunity for competitive and non competitive play - Club provides orientation and instructions to 	Those from Hamilton and surrounding areas	Contact organization for fee and program schedule	(905)561-0660 ext. 221
Hamilton Olde Sports Association	Softball	<ul style="list-style-type: none"> - Games every Tues/Thurs mornings - Playoffs - Tournaments - Euchre/bridge 	Women 45+ and Men 55+ from Hamilton and surrounding areas	Fee to play in league, and extra fee to take part in tournaments and card games	John Mason; President: (905) 578-2073

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Victoria Curling Club	Curling	<ul style="list-style-type: none"> - Senior men's league: Monday and Thursdays at 10am and 1pm. Tuesday at 1pm competitive draw - Day ladies curling program: Tuesdays at 10am - Range of other leagues offered such as a mixed program 	Those from Hamilton and surrounding areas	Contact organization for fee and program schedule	(905) 528-6331
Hamilton Wentworth Seniors Games	Various	<ul style="list-style-type: none"> - Contract Bridge - Golf - Euchre - Bocce -Swimming - Tennis - Cycling - Bowling 	Seniors 55+ from Hamilton	None	District #23 Chair Person: Phil Morris (905) 529-3623
Huntington Park	Basketball	<ul style="list-style-type: none"> - Drop in basketball 	Seniors 55+ from Hamilton and surrounding areas	Membership fee (Senior rate) of \$37.75/year, \$18.90/10 visits, or \$2.80 daily; Additional fee for non- Hamilton residents	(905) 546-4880
Mountain Lanes	Bowling	<ul style="list-style-type: none"> - Ladies senior league - Mixed senior league 	Seniors 55+ from Hamilton and surrounding areas	Contact organization for fee schedule	(905) 574-8974

Organization	Program	Description	Open to	Requirement	Contact Information
Skyway Lanes	Bowling	- Seniors league	Seniors 55+ from Hamilton and surrounding areas	Contact organization for fee schedule	(905) 549-2882
Spittsville Entertainment	Bowling	- Seniors league - Drop in leagues - Customized leagues	Seniors 55+ from Hamilton and surrounding areas	Contact organization for fee schedule	(905) 387-3660
Stoney Creek Tennis Club	Tennis	- Morning round robin (Wednesday mornings) - Doubles league - Cardio tennis classes	Those from Hamilton and surrounding areas	Contact organization for fee and program schedule	(905) 664-2026
University Lanes	Bowling	- Seniors mixed league - 5 pin	Seniors 55+ from Hamilton and surrounding areas	Contact organization for fee schedule	(905) 627-0711

Other: Please visit www.informationhamilton.ca/redbook for more information about commercial and privately owned Fitness Clubs in Hamilton.

