



# Hamilton Family YMCA

## Open Swim Schedule

Effective 9/1/2023

	SHALLOW	DEEP
MONDAY	5am-9am 10am-11am 1pm-9:30pm	6am-6pm 7pm-9:30pm
TUESDAY	5am-8am 10am-5:30pm 6:15pm-9:30pm	6am-10am 11am-6:30pm 7:30pm-9:30pm
WEDNESDAY	5am-9am 10am-11am 1pm-9:30pm	6am-6pm 7pm-9:30pm
THURSDAY	5am-8am 10am-5:30pm 6:15pm-9:30pm	6am-10am 11am-6:30pm 7:30pm-9:30pm
FRIDAY	5am-9am 10am-11am 1pm-8:30pm	6am-10am 11am-8:30pm
SATURDAY	8am-5:30pm	8am-5:30pm
SUNDAY	9am-4:30pm	9am-4:30pm

For your safety while using the swimming facility at the YMCA, all swimmers under 14 must take a swim test based on the following requirements:

1. Swim the length of the pool.
2. Recover from a plunge (jump in from the deck)
3. Tread water for 60 seconds.

All swimmers who do not wish to take the swim test or are unable to pass, must:

- Wear a Coast Guard approved Personal Floatation Device (this does NOT include Progressive Float Belts or Water Wings. It does include the life jackets available on the pool deck).
- Stay in the Shallow-end of the pool with a Coast Guard approved Personal Flotation Device on at all times.

**For those who have not passed the swim test, we do not have any open swim in the lap lanes during water fitness classes. The times listed above for the shallow-end are the times available for those who have not passed the swim test.**

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