



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton Family YMCA Lap Lane Schedule

Effective 2/5/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am-9am 3 Lanes	5am-9am 3 Lanes	5am-9am 3 Lanes	5am-9am 3 Lanes	5am-9am 3 Lanes	8am-10am 2 Lanes
9am-1pm 1 Lane	9am-11am 1 Lane	9am-1pm 1 Lane	9am-11am 1 Lane	9am-1pm 1 Lane	10am-12pm 1 Lane
1pm-4pm 3 Lanes	11am-4pm 3 Lanes	1pm-4pm 3 Lanes	11am-4pm 3 Lanes	1pm-4pm 3 Lanes	12pm-5:30pm 3 Lanes
4pm-7pm 1 Lane	4pm-7pm 1 Lane	4pm-7pm 1 Lanes	4pm-7pm 1 Lane	4pm-7pm 2 Lanes	
7pm-9:30pm 3 Lanes	7pm-9:30pm 3 Lanes	7pm-9:30pm 3 Lanes	7pm-9:30pm 3 Lanes	7pm-8:30pm 3 Lanes	SUNDAY 9am-4:30pm 3 Lanes

Notes:

- The above lap lanes are estimated availabilities. The Hamilton YMCA will strive to always have at least 1 lap lane available for lap swimmers, based of other programs going on in the pool.
- **Be prepared to share a lane!** The YMCA encourages and asks all lap swimmers to share lanes to accomidate more space.
- A scheduled lane(s) may be reserved for Memorial PT, Swim Lessons, or other various activities throughout the day.