

Hamilton Family YMCA Pool Schedule

Effective 9/10/2025

Join Us For Class Today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am	5:15am-6am	5:15am-6am	5:15am-6am	5:15am-6am	8am-10:30am
Hydro Fit- Deep	Hydro Fit - Deep	Hydro Fit - Deep	Hydro Fit - Deep	Hydro Fit - Deep	Open Swim
Instructor: Lori	Instructor: Jeff	Instructor: Lori	Instructor: Jeff	Instructor: Jeff/Lori	3 Lap Lanes
DEEP CLOSED	Available				
3 Lap Lanes Available					
6am-9am	6am-9am	6am-9am	6am-9am	6am-9am	
Open Swim					
4 Lap Lanes Available					
9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	
Water Fit-Shallow					
Instructor: Karen	Instructor: Valerie	Instructor: Karen	Instructor: Valerie	Instructor: Valerie	
SHALLOW CLOSED					
2 Lap Lanes Available					
10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	10am-12pm
Hydro Fit-Deep	Group Swim				
Instructor: Karen	Instructor: Valerie	Instructor: Karen	Instructor: Valerie	Instructor: Valerie	Lessons
DEEP CLOSED	One Lap Lane				
2 Lap Lanes Available	Reserved				
11:30am-1pm	11am-5pm	11:30am-12:30pm	11am-5pm	11:30am-1pm	
Water Fit-Shallow	Open Swim	Water Fit-Shallow	Open Swim	Water Fit-Shallow	
Instructor: Lucy	4 Lap Lanes Available	Instructor: Karen	4 Lap Lanes Available	Instructor: Lucy	
SHALLOW CLOSED		SHALLOW CLOSED		SHALLOW CLOSED	12pm-5:30pm
2 Lap Lanes Available		2 Lap Lanes Available		2 Lap Lanes Available	Open Swim
1pm-5pm	5pm-6:15pm	12:30pm-5pm	5pm-6:15pm	1pm-6pm	3 Lap Lanes
Open Swim	Group Swim Lessons	Open Swim	Group Swim Lessons	Open Swim	Available
4 Lap Lanes Available	One Lap Lane Reserved	4 Lap Lanes Available	One Lap Lane	4 Lap Lanes Available	
			Reserved		
					Sunday
5pm-6:30pm	5pm-6pm	5pm-6:30pm	5pm-6pm		
Group Swim Lessons	Water Fitness-Shallow	Group Swim Lessons	Water Fitness-Shallow		9am-4:30pm
One Lap Lane	Instructor: Ginger	One Lap Lane	Instructor: Ginger		Open Swim
Reserved	SHALLOW CLOSED	Reserved	SHALLOW CLOSED		3 Lap Lanes
	1 Lap Lane Available		1 Lap Lane Available		Available
6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm		
Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep		
Instructor: Judy	Instructor: Heather	Instructor: Judy	Instructor: Shelby		
DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED		
2 Lap Lanes Available	1 Lap Lane Available	2 Lap Lanes Available	1 Lap Lane Available		
•		,			
7pm-8pm	6:15pm-7:15pm	7pm-8pm	6:15pm-7:15pm	6pm-7pm	
SETS Club Practice	Swim Club	SETS Club Practice	Swim Club	SETS S Club Practice	
1 Lap Lane Reserved					
8pm-9:30pm	7:15pm-9:30pm	8pm-9:30pm	7:15pm-9:30pm	7pm-8:30pm	
Open Swim					
3 Lap Lanes Available	4 Lap Lanes Available				
		<u> </u>			