



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Hamilton Family YMCA

## Pool Schedule

Effective 9/10/2025

**Join Us For Class Today!**

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