

Hamilton Family YMCA Pool Schedule

Effective 12/15/2025

Join Us For Class Today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am-6am	5am-6am	5am-6am	5am-6am	5am-6am	8am-5:30pm
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	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	Available
3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available	
6am-9am	6am-9am	6am-9am	6am-9am	6am-9am	
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
4 Lap Lanes Available	4 Lap Lanes Available	4 Lap Lanes Available	4 Lap Lanes Available	4 Lap Lanes Available	
9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	
Water Fit-Shallow	Water Fit-Shallow	Water Fit-Shallow	Water Fit-Shallow	Water Fit-Shallow	
Instructor: Valarie	Instructor: Valerie	Instructor: Valarie	Instructor: Valerie	Instructor: Valerie	
SHALLOW CLOSED	SHALLOW CLOSED	SHALLOW CLOSED	SHALLOW CLOSED	SHALLOW CLOSED	
2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	
10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	
Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep	
Instructor: Valarie	Instructor: Valerie	Instructor: Valarie	Instructor: Valerie	Instructor: Valerie	
DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	
2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	
11:15am-12pm	11am-5pm	11:30am-12:30pm	11am-5pm	11:15am-12pm	
Water Fit-Shallow	Open Swim	Water Fit-Shallow	Open Swim	Water Fit-Shallow	
Instructor: Lucy	4 Lap Lanes Available	Instructor: Bonny	4 Lap Lanes Available	Instructor: Lucy	
SHALLOW CLOSED		SHALLOW CLOSED		SHALLOW CLOSED	
2 Lap Lanes Available		2 Lap Lanes Available		2 Lap Lanes Available	
·	1-3pm	'		'	
12:15pm-1pm	*Camp Open Swim	12:30pm-6pm	İ	12:15pm-1pm	
Senior Splash-Shallow		Open Swim		Senior Splash-	
Instructor: Lucy		4 Lap Lanes Available		Shallow	
SHALLOW CLOSED				Instructor: Lucy	
				SHALLOW CLOSED	
1pm-6pm				1pm-8:30pm	
Open Swim				Open Swim	Sunday
4 Lap Lanes Available				4 Lap Lanes Available	Juliuay
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1-3pm	5pm-6pm Water Fitness-Shallow		5pm-6pm Water Fitness-Shallow		0 420
*Camp Open Swim	Instructor: Ginger		Instructor: Ginger	1-3pm	9am-4:30pm
	SHALLOW CLOSED		SHALLOW CLOSED	*Camp Open Swim	Open Swim
	2 Lap Lane Available		2 Lap Lane Available		3 Lap Lanes
Enm 7nm	6pm-7pm	5 nm 7 nm	•	1	Available
6pm-7pm		6pm-7pm	6pm-7pm Hydro Fit-Deep		
Hydro Fit-Deep	Hydro Fit-Deep	Hydro Fit-Deep			
Instructor: Judy DEEP CLOSED	Instructor: Heather DEEP CLOSED	Instructor: Judy DEEP CLOSED	Instructor: Shelby DEEP CLOSED		
3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lane Available		
5 Eup Eulies Available	5 Eup Eulies Available	5 Eup Lunes Available	5 Eup Lune Available		
7pm-9:30pm	7pm-9:30pm	7pm-9:30pm	7pm-9:30pm		
Open Swim	Open Swim	Open Swim	Open Swim		
3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available	3 Lap Lanes Available		

^{*}Winter break camp dates: 12/22, 12/23, 12/26, 12/29, 12/30 & 1/2. Campers will use the open swim area when in the pool.