



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

# Hamilton Family YMCA

## Pool Schedule

Effective 12/15/2025

**Join Us For Class Today!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am-6am Hydro Fit- Deep Instructor: Lori DEEP CLOSED 3 Lap Lanes Available	5am-6am Hydro Fit - Deep Instructor: Jeff DEEP CLOSED 3 Lap Lanes Available	5am-6am Hydro Fit - Deep Instructor: Lori DEEP CLOSED 3 Lap Lanes Available	5am-6am Hydro Fit - Deep Instructor: Jeff DEEP CLOSED 3 Lap Lanes Available	5am-6am Hydro Fit - Deep Instructor: Jeff/Lori DEEP CLOSED 3 Lap Lanes Available	8am-5:30pm 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: Valerie 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	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: Valerie 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-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	
11:15am-12pm Water Fit-Shallow Instructor: Lucy SHALLOW CLOSED 2 Lap Lanes Available	11am-5pm Open Swim 4 Lap Lanes Available  1-3pm *Camp Open Swim	11:30am-12:30pm Water Fit-Shallow Instructor: Bonny SHALLOW CLOSED 2 Lap Lanes Available	11am-5pm Open Swim 4 Lap Lanes Available	11:15am-12pm Water Fit-Shallow Instructor: Lucy SHALLOW CLOSED 2 Lap Lanes Available	
12:15pm-1pm Senior Splash-Shallow Instructor: Lucy SHALLOW CLOSED		12:30pm-6pm Open Swim 4 Lap Lanes Available		12:15pm-1pm Senior Splash-Shallow Instructor: Lucy SHALLOW CLOSED	
1pm-6pm Open Swim 4 Lap Lanes Available				1pm-8:30pm Open Swim 4 Lap Lanes Available	
1-3pm *Camp Open Swim	5pm-6pm Water Fitness-Shallow Instructor: Ginger SHALLOW CLOSED 2 Lap Lane Available	6pm-7pm Hydro Fit-Deep Instructor: Judy DEEP CLOSED 3 Lap Lanes Available	5pm-6pm Water Fitness-Shallow Instructor: Ginger SHALLOW CLOSED 2 Lap Lane Available	1-3pm *Camp Open Swim	<b>Sunday</b>
6pm-7pm Hydro Fit-Deep Instructor: Judy DEEP CLOSED 3 Lap Lanes Available	6pm-7pm Hydro Fit-Deep Instructor: Heather DEEP CLOSED 3 Lap Lanes Available		6pm-7pm Hydro Fit-Deep Instructor: Shelby DEEP CLOSED 3 Lap Lane Available		
7pm-9:30pm Open Swim 3 Lap Lanes Available	7pm-9:30pm Open Swim 3 Lap Lanes Available		7pm-9:30pm Open Swim 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.