



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton Family YMCA
Pool Schedule
SUMMER 2026

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-10am 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 Aqua Motion-Shallow Instructor: Velisha SHALLOW CLOSED 2 Lap Lanes Available	9am-10am Water Fit-Shallow Instructor: Valerie SHALLOW CLOSED 2 Lap Lanes Available	9am-10am Aqua Motion-Shallow Instructor: Velisha 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: Velisha 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: Velisha 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 SHALLOW CLOSED 3 Lap Lanes Available
11:15am-12pm Water Fit-Shallow Instructor: Lucy SHALLOW CLOSED 2 Lap Lanes Available	11am-1pm Group Swim Lessons SHALLOW CLOSED 4 Lap Lanes Available	11:15am-12pm Senior Splash-Shallow Instructor: Bonny SHALLOW CLOSED 2 Lap Lanes Available	11am-12pm Water Walking – Shallow Instructor: Velisha SHALLOW CLOSED 2 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 2 Lap Lanes Available	1pm-5pm Open Swim 4 Lap Lanes Available	12:15pm-1pm Tabata HIIT-Shallow Instructor: Bonny SHALLOW CLOSED 2 Lap Lanes Available	11:45am-1pm Group Swim Lessons SHALLOW CLOSED 4 Lap Lanes Available	12:15pm-1pm Senior Splash-Shallow Instructor: Lucy SHALLOW CLOSED 2 Lap Lanes Available	12pm-5:30pm Open Swim 3 Lap Lanes Available
1pm-4:45pm Open Swim 4 Lap Lanes Available 1:30pm-3 pm BOYD BUCHANAN CAMP SWIM TIME	5pm-6pm Water Fitness-Shallow Instructor: Ginger SHALLOW CLOSED 2 Lap Lane Available	1pm-4pm Open Swim 4 Lap Lanes Available 1:30pm-3 pm BOYD BUCHANAN CAMP SWIM TIME	5pm-6pm Water Fitness-Shallow Instructor: Ginger SHALLOW CLOSED 2 Lap Lane Available	1pm-8:30pm Open Swim 4 Lap Lanes Available	
4:45pm-6pm Group Swim Lessons SHALLOW CLOSED 3 Lap Lanes Available	6pm-7pm Hydro Fit-Deep Instructor: Heather DEEP CLOSED 3 Lap Lanes Available	4pm-6pm Group Swim Lessons SHALLOW CLOSED 3 Lap Lanes Available	6pm-7pm Hydro Fit-Deep Instructor: Shelby DEEP CLOSED 3 Lap Lane Available		Sunday
6pm-7pm Hydro Fit-Deep Instructor: Judy DEEP CLOSED 3 Lap Lanes Available	7pm-9:30pm Open Swim 3 Lap Lanes Available	6pm-7pm Hydro Fit-Deep Instructor: Judy DEEP CLOSED 3 Lap Lanes 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			