



WATER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Hydro Fit DEEP	5:30-6:15am Hydro Fit DEEP	5:30-6:15am Hydro Fit DEEP	5:30-6:15am Hydro Fit DEEP	5:30-6:15am Hydro Fit DEEP	8:15am-8:55am Aqua Zumba
8:00-9:00am Water Fit SHALLOW	8:00-9:00am Water Fit SHALLOW	8:00-9:00am Water Fit SHALLOW	8:00-9:00am Water Fit SHALLOW	8:00-9:00am Water Fit SHALLOW	9:00-10:00am Water Fit SHALLOW
9:00-10:00am Water Fit SHALLOW	9:00-10:00am Water Fit SHALLOW	9:00-10:00am Water Fit SHALLOW	9:00-10:00am Water Fit SHALLOW	9:00-10:00am Water Fit SHALLOW	
10:15-11:00am Senior Splash SHALLOW	10:15-11:00am Senior Splash SHALLOW	10:15-11:00am Senior Splash SHALLOW	10:15-11:00am Senior Splash SHALLOW	10:15-11:00am Senior Splash SHALLOW	SUNDAY No classes
12:15-1:00pm Senior Splash SHALLOW	10:00-11:00am Hydro Fit DEEP	12:15pm-1:00pm Senior Splash SHALLOW	10:00-11:00am Hydro Fit DEEP	10:00-11:00am Hydro Fit DEEP	
5:30-6:30pm Water Fit SHALLOW	6:00pm-7:00pm Water Fit SHALLOW	5:30-6:30pm Water Fit SHALLOW	6:00pm-7:00pm Water Fit SHALLOW	12:15-1:00pm Senior Splash SHALLOW	
6:30-7:30pm Hydro Fit DEEP		6:30-7:30pm Hydro Fit DEEP		6:00pm-7:00pm AQUA HIIT	

The Hamilton Family YMCA Water Fit classes last one hour each and are categorized into one of three intensity/impact levels: **High (H), Moderate (M), Low (L)**. Please select the class that is right for you in attaining your goals for a healthy Mind, Body, and Spirit.

Water Fit (M, H): This is a shallow or deep water class of moderate impact and intensity that gives the participant experience with a variety of water exercises designed to increase cardio respiratory and muscle strength and endurance.

Hydro Fit (M, H): This deep water class of moderate to high intensity and is designed to increase flexibility and strengthen, lengthen and tone muscles with lots of high energy added.

Senior Splash (L, M): Activate your aqua exercise urge for variety! Senior Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Easy entry stairs are provided for getting in and out of the pool. It is not necessary to get your face wet or have any swimming skills.

AQUA HIIT: Aqua H.I.I.T. is a low-impact, high- intensity water workout for all levels of fitness. A high energy, total body water workout done in stations that target core, strength and cardiovascular fitness

Aqua Zumba: Integrating the Zumba dance class with traditional aqua fitness disciplines, Aqua Zumba - or water Zumba - blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.





OPEN SWIM TIMES

For your safety while using the swimming facility at the YMCA, all swimmers under 14 must take a swim test based on the following requirements:

1. Swim the length of the pool.
2. Recover from a plunge (jump in from the deck)
3. Tread water for 60 seconds.

All swimmers who do not wish to take the swim test or are unable to pass, must:

- Wear a Coast Guard approved Personal Floatation Device (this does NOT include Progressive Float Belts or Water Wings. It does include the life jackets available on the pool deck).
- Stay in the Shallow-end of the pool with a Coast Guard approved Personal Flotation Device on at all times.

For those who have not passed the swim test, we do not have any open swim in the lap lanes during water fitness classes. The times listed below for the shallow-end are the times available for those who have not passed the swim test.

Day	Shallow-end	Deep-end
Monday	5:00am-8:00am 11:00am-12:00pm 1:15pm-5:30pm 6:30pm-9:50pm	6:15am-6:30pm 7:30pm-9:50pm
Tuesday	5:00am-8:00am 11:00am-6:00pm 7:00pm-9:50pm	6:15am-10:00am 11:15am-9:50pm
Wednesday	5:00am-8:00am 11:00am-12:00pm 1:15pm-5:30pm 6:30pm-9:50pm	6:15am-6:30pm 7:30pm-9:50pm
Thursday	5:00am-8:00am 11:00am-6:00pm 7:00pm-9:50pm	6:15am-10:00am 11:15am-9:50pm
Friday	5:00am-8:00am 11:00am-12:00pm 1:15pm-6:00pm 7:00pm-8:50pm	6:15am-10:00am 11:15am-8:50pm
Saturday	10:00am-5:50pm	8:00am-5:50pm
Sunday	1:00pm-5:50pm	1:00pm-5:50pm





LAP LANES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-8:00am 3 Lanes	5:00-5:45am 3 Lanes	5:00-8:00am 3 Lanes	5:00-5:45am 3 Lanes	5:00-8am 3 Lanes	8:00-9:00am 2 Lanes
8am-1pm 1 Lane Lane may be reserved for Memorial PT	5:45-7:00am 3 Lanes Masters Swim Team No lanes available	8am-1pm 1 Lane Lane may be reserved for Memorial PT	5:45-7:00am 3 Lanes Masters Swim Team No lanes available	8:00am-5:15pm 2 Lanes Lane may be reserved for Memorial PT	9:00-10:00am 1 Lane
1:00pm-5:30pm 2 Lanes Lane may be reserved for Memorial PT	7:00am-11:15am 1 Lanes	1:00pm-5:30pm 2 Lanes Lane may be reserved for Memorial PT	7:00am-11:15am 1 lanes Lane may be reserved for Memorial PT	5:30pm-7:00pm 1 lane	10:15am-3:00pm 2 Lane
5:30pm-7:30pm 1 lane	11:15am-6:00pm 2 lanes	5:30pm-7:30pm 1 lane	11:15am-6:00pm 2 lanes	7:00pm-8:50pm 2 lanes	3:00-5:50 pm 3 Lanes
7:30-9:50pm 2 Lanes	6:00pm-7:30pm 1 lane available	7:45-9:50pm 3 Lanes	6:00pm-7:30pm 1 lane available		
	7:30pm-9:50pm 2 lanes		7:30-9:50pm 2 Lanes		SUNDAY
					1:00-5:50pm 3 Lanes

- Based on the need of other aquatic programs (i.e. water fitness, swim lessons, etc.) we reserve the right to close a lap lane in order to do our best to accommodate all members and guests. We will do our best, but cannot guarantee to keep at least 1lap lane opened at all times unless otherwise specified.
- Lane may be reserved for Memorial PT throughout the day

