Hamilton Downtown Family YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday		
00 AM 30 AM 00 AM	Closed	Community Rental 6:00-7:30	Community Rental 6:00-7:30	Community Rental 6:00-7:30	Closed	Closed Lane Swim 8:00-9:00 Swim Lessons (Reg) 9:00-11:00		Closed Lane Swim 8:00-10:30 Open Swim (1 lane) 10:40-12:30		
:30 AM :00 AM :30 AM :00 AM	Lane Swim 7:30-9:45		Lane Swim 7:30-9:45 Aquafit 10:00-10:45 Lane Swim 11:00-1:00	Lane Swim 7:30-1:00	Lane Swim 7:30-9:45					
:30 AM 1:00 AM 1:30 AM	Aquafit 10:00-10:45	Lane Swim 7:30-1:00			Aquafit 10:00-10:45					
:00 AM :30 AM 2 Noon :30 PM	Lane Swim 11:00-1:00				Lane Swim 11:00-1:00	Teen & Adult Lessons (Reg) 11:00-12:00				
:00 PM :30 PM :00 PM :30 PM :30 PM	Closed	Open Swim (2 lane) 1:05-3:40	Open Swim (2 lane) 1:05-3:40	Open Swim (2 lane) 1:05-3:40	Open Swim (2 lane) 1:05-3:40	Open Swim (1 lane) 12:15-2:00		Lane Swim (2 Lanes) 12:30-2:30		
30 PM 00 PM 30 PM	Lane Swim 3:45-6:00	Lane Swim 3:45-5:45	Lane Swim 3:45-6:00	Lane Swim 3:45-5:00	Lane Swim 3:45-6:00	Swim (2 lanes) 2:00-5:00	Leadship (2 lanes) 2:00-5:00	* 12:30 Lane Sy be full and ext	:30-4:00 2:30-2:30 le Swim will full pool d extended	
30 PM 00 PM 30 PM	Community Rental	Community Rental 5:45-7:45	Community Rental	Community Rental 5:00-8:00	Community Rental 6:00-8:00	*2:00-5:00 Lane Swim will be full pool when aquatic courses are NOT running - see dates below Closed		to 3:30 when aquatic courses are NOT running - <i>see dates</i> <i>below</i> Closed		
:30 PM :00 PM :30 PM	6:00-9:00	Lane Swim (1 Lane) 7:50-9:00	6:00-9:00	Lane Swim 8:00-9:00	Open Swim (2 lane) 8:00-9:00					
:00 PM	Closed	Closed	Closed	Closed	Closed					
Group Fitness Community Rental 13+ years of age see Membership Desk for details Adult Drop-in Swims Registered Instructional Progra 13+ years of age see Membership Desk for details Mathematical Adult Drop-in Swims Registered Instructional Progra See Membership Desk for details see Membership Desk for details Adult ages Drop-in Swims Registered Instructional Progra Aquatics Admissions Criteria apply see Membership Desk for details								20, 26, 27 November m 16, 23, 30		