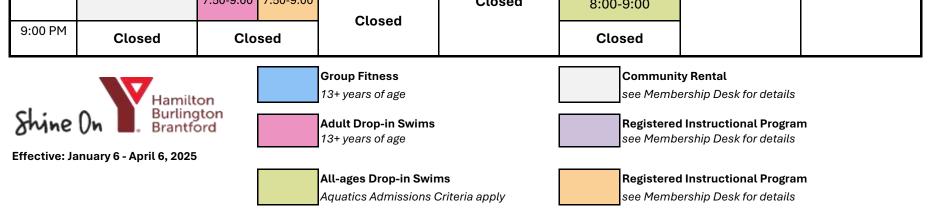
Hamilton Downtown Family YMCA

Winter 2025

POOL SCHEDULE										
	Monday	Tue	sday	Wednesday	Thursday	Friday	Satu	ırday	Sur	nday
6:00 AM 6:30 AM	Closed	Community Rental 6:00-7:30		Community Rental 6:00-7:30	Community Rental 6:00-7:30	Closed	Clo	osed	Closed	
7:00 AM										
7:30 AM		Lane Swim 7:30-1:00		Lane Swim 7:30-9:45 Aquafit 10:00-10:45	Closed 7:30-8:00					
8:00 AM					Lane Swim 8:00-1:00	Lane Swim 7:30-9:45	Lane Swim 8:00-9:00 Swim Lessons (Reg) 9:00-11:00		Lane Swim 8:00-11:30	
8:30 AM	Lane Swim 7:30-9:45									
9:00 AM										
9:30 AM										
10:00 AM	Aquafit					Aquafit				
10:30 AM	10:00-10:45					10:00-10:45			Less (1 la	Private Lessons
11:00 AM				Lane Swim 11:00-1:00		Lane Swim 11:00-1:00	Teen & Adult Lessons (Reg) 11:00-12:05			(1 lane) 10:30-11:30
11:30 AM									Open Swim	
12 Noon	Lane Swim 11:00-1:00								(1 lane)	
12:30 PM	11.00 1.00						Open Swim (1 lane) 12:15-2:00		11:30-12:30	
1:00 PM		Open Swim (2 lane) 1:00-3:30		Open Swim (2 lane) 1:00-3:30	Open Swim (2 lane) 1:00-3:30	Open Swim (2 lane) 1:00-3:30			Lane Swim	Aquatic Leadship
1:30 PM	On on Swim								(2 lanes) 12:30-2:30	(2 lanes) 12:30-2:30
2:00 PM	Open Swim (2 lane)						Swim Leads			
2:30 PM	1:00-3:30							Aquatic Leadship	Aquatic Leadship	
3:00 PM							(2 lanes) 2:00-4:00	(2 lanes) 2:00-4:00		
3:30 PM										
4:00 PM		Lane Swim 3:30-5:45		Lane Swim 3:30-5:30	Lane Swim 3:30-5:00		Aquatic Leadship 4:00-5:00 * 2:00-4:00 Lane Swim will be full pool when aquatic leadership is NOT running - see dates below		* 12:30-2:30 Lane Swim will be full pool when aquatic leadership is NOT running - see dates below	
4:30 PM	Lane Swim					Lane Swim 3:30-6:00				
5:00 PM	3:30-6:00				Community Rental 5:00-8:00					
5:30 PM										
6:00 PM		Community Rental 5:45-7:45		Community Rental 5:30-8:30						
6:30 PM						Community Rental				
7:00 PM	Community									
7:30 PM	Community Rental					6:00-8:00	Clo	sed		
8:00 PM	6:00-9:00	Lane	Adult							
		Swim (1 lane) 7:50-9:00	Lessons (Reg) 7:50-9:00			Open Swim (2 lane)				
8:30 PM					Closed	8:00-9:00				



Aquatic Leadership Runs:									
January - 18, 19, 25 & 26	February - 15	March - 10-14, 22, 23, 29							