Hamilton Downtown Family YMCA

January 29 to February 4, 2024

		P(DOL S	CHED	ULE			
	Monday 29-Jan	Tuesday 30-Jan	Wednesday 31-Jan	Thursday 01-Feb	Friday 02-Feb	•	Sunday 04-Feb	
6:00 AM	Closed	Community Rental † 6:00-7:30	Community Rental † 6:00-7:30	Community Rental † 6:00-7:30				
6:30 AM 7:00 AM								
7:30 AM								
8:00 AM	Lane Swim 7:30-9:30 Closed Aquafit 10:00-10:45	Closed Hydrotherapy (one lane) 8:30-9:15 Closed	Lane Swim 7:30-9:30	30 d Lane Swim 7:30-1:00 d vim				
8:30 AM					Closed	Lane Swim 8:00-9:00	Lane Swim 8:00-12:00	
9:00 AM								
9:30 AM		Lane Swim 9:45-10:45	Closed			Swim Lessons		
.0:00 AM			Aquafit 10:00-10:45			(Reg) 9:00-11:00		
.0:30 AM .1:00 AM	Closed	Closed	Closed					
11:30 AM	Lane Swim 11:00-1:00	Lane Swim 11:00-1:00	Lane Swim 11:00-12:00					
12 Noon			Closed 12:00-3:45			Open Swim	Open Swim (1 lane) 12:15-3:30	
L2:30 PM						(1 lane) 11:00-2:00		
1:00 PM	Closed 1:00-3:45	Closed 1:00-3:45		Closed 1:00-3:45				
1:30 PM 2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM						Lane Swim 2:00-5:00		
4:00 PM	Open Swim (1 lane) 3:45-5:00	Lane Swim 3:45-5:30	Open Swim (1 lane) 3:45-5:30	Lane Swim 3:45-5:00	Open Swim (1 lane) 3:45-6:30		Closed	
4:30 PM								
5:00 PM	Community Rental 5:00-8:00 Lane Swim 8:00-9:00	Community Rental 5:30-7:30		Community Rental 5:00-8:00				
5:30 PM 6:00 PM			Community Rental 5:30-7:30					
6:30 PM					Community Rental 6:30-8:00			
7:00 PM						Closed		
7:30 PM		Open Swim (1 lane) 7:30-9:00	Lane Swim 7:30-9:00			0		
8:00 PM				Open Swim (1 lane)	Lane Swim 8:00-9:00			
8:30 PM 9:00 PM				8:00-9:00				
	Closed	Closed	Closed	Closed	Closed			
			Group Fitness ages 13 +				Community Rental see Membership Desk for details	
			Adult Drop-in S 13+ years of age	Swims		Commuinity Rental - provides own lifeguard		
			All-ages Drop-i			Registered Ins		