



HAMILTON DOWNTOWN FAMILY YMCA

September 19 - September 25, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool	Pool	Pool	Pool	Pool	Pool	Pool
5:30 AM							
6:00 AM	Pool Closed	Rental 6:00-7:30am	Pool Closed	Rental 6:00-7:30am		Pool Closed	Pool Closed
6:30 AM							
7:00 AM							
7:30 AM	Lane Swim - 7:30-10:00	Pool closed 7:30-8:00		Pool Closed 7:30-8:00			
8:00 AM							
8:30 AM			Lane Swim 8:00-10:00	Lane Swim 8:00am - 11:30 pm	Pool Closed	Lane Swim 8am-1:30 pm	Lane Swim 8am -1:30 pm
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM	Aqua Fit 10:00 - 10:45		Hydrotherapy 10:00 - 10:45				
11:00 AM							
11:30 AM	Lane Swim 11:00am - 1:00pm	Pool Closed 7:30-5:00	Lane Swim 11:00 -11:30				
12:00 PM							
12:30 PM			Pool closed 11:30-4:00	Pool Closed 12:00-5:00 pm		Open Swim 1:30-3:30pm	Open Swim 1:30-3:30pm
1:00 PM							
1:30 PM	Pool Closed 1:00-6:00						
2:00 PM							
2:30 PM			Lane Swim 4:00-6:30 pm		Rental 5:00-7:00 pm	Pool Closed	Pool Closed
3:00 PM							
3:30 PM		Lane Swim 5:00 - 8:00 pm					
4:00 PM							
4:30 PM			Rental 6:30-8:30 pm				
5:00 PM							
5:30 PM	Rental 6:00-9:00pm			Rental 5:00-9:30 pm			
6:00 PM							
6:30 PM		Pool Closed	Pool closed		Pool Closed		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
	Pool Closed			Pool Closed			