

HAMILTON DOWNTOWN FAMILY YMCA

Oct 2nd - 8th, 2022

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

^{*}Rental Provides own lifeguards for these times