



**Centre Name:** Sir Allan Macnab  
**Address:** 145 Magnolia Dr, Hamilton  
**Phone:** 905-546-2554  
**Email:** recreation@hamilton.ca

**For real time program info:**  
[hamilton.ca/swimming](https://hamilton.ca/swimming)



**SWIMMING SCHEDULE – July 2, 2024 – Sept 1, 2024**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lengths</b>	7:30 - 8:30 pm (3 Lanes)	7:30 - 9:00 am (3 lanes) 10:15 - 12:15 pm	7:30 - 8:30 pm	7:30 - 9:00 am 10:15 - 12:15 pm	7:35 - 8:35 pm		
<b>Open Swim (Both Pools) (Warm pool raised)</b>	9:30 - 10:15 am 1:15 - 3:15 pm	7:30 - 8:30 pm		7:30 - 8:30 pm	10:00 - 11:00 am 1:15 - 3:15 pm 5:45 - 7:30 pm FREE	1:00 - 3:30 pm	1:30 - 4:00 pm
<b>Open Swim 18+ (Both Pools)</b>	11:00 - 12:30pm 7:30 - 8:30 pm	7:30 - 9:00 am	11:45 - 12:45 pm 7:30 - 8:30 pm	7:30 - 9:00 am	11:45 - 12:45 pm 7:35 - 8:35 pm		
<b>Open Swim 55+ (Both Pools)</b>						11:30 - 1:00 pm	12:00 - 1:30pm
<b>Water Fit</b>	10:15 - 11:00 am		11:00 - 11:45 am		11:00 - 11:45 am		

**NOTES: Centre will be Closed on July 1, 2024 (Canada Day), August 5, 2024 (Civic Holiday) and September 2, 2024 (Labour Day)**

For information on swim admission criteria and supervision requirements:

<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>