



Centre Name: Sir Allan Macnab
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For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – July 2, 2024 – Sept 1, 2024							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths	7:30pm-8:30 pm (3 Lanes)	7:30am - 9:00 am (3 lanes) 10:15am-12:15 pm	7:30pm-8:30 pm	7:30am - 9:00 am 10:15am - 12:15 pm	7:35pm-8:35 pm		
Open Swim (Both Pools) (Warm pool raised)	9:30am-10:15 am 1:15pm-3:15 pm	7:30pm - 8:30 pm		7:30pm - 8:30 pm	12:15pm-2:15pm 5:45pm-7:30pm FREE	1:00pm - 3:30 pm	1:30pm - 4:00 pm
Open Swim 18+ (Both Pools)	11:00am-12:30pm 7:30pm - 8:30 pm	7:30am-9:00 am	11:45am-12:45 pm 7:30pm - 8:30 pm	7:30am - 9:00 am	10:15am-11:45 am 7:35pm - 8:35 pm		
Open Swim 55+ (Both Pools)						11:30am-1:00 pm	12:00pm - 1:30pm
Parent and Tot		9:00am-10:00am		9:00am-10:00am			
Water Fit	10:15am-11:00 am		11:00am-11:45 am		9:30am – 10:15 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>