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



SWIMMING SCHEDULE – FALL 2024 – September 3, 2024 – December 22, 2024							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length	9:00-10:00 am 7:45-9:00 pm (3 lanes)	7:30-9:00 am (3 lanes) 10:15-12:45 pm 7:30-9:00 pm (3 lanes)		7:30-9:00 am (3 lanes) 10:15-12:45pm 7:30-9:00 pm (3 lanes)			
Open Swim (Both Pools) (Warm pool raised)	4:45-5:45 pm <b>Free</b>		7:00-8:00 pm		10:00-11:00 am <b>(large pool only)</b>	12:30- 1:30pm	1:00-2:00 pm <b>Free</b>
Open Swim 18+ (Both Pools)	11:00-12:45pm 7:45-9:00 pm	7:30-9:00 am 7:30-9:00 pm	11:45-12:45pm 8:00-9:00 pm	7:30-9:00 am 7:30-9:00 pm	11:45-12:45 pm		
Open Swim 55+ (Both Pools)						11:30-12:30 pm	12:00-1:00pm
Open Swim Parent and Tot (Warm Pool)	9:00-10:00am						
Water Fit	10:15 am- 11:00 am		11:00 am- 11:45 am		11:00 am- 11:45 pm		

**NOTES: Centre will be Closed October 14, 2024 (Thanksgiving)**

For information on swim admission criteria and supervision requirements:

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