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For real time program info:
 hamilton.ca/swimming



SWIMMING SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025							
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)	4:45-5:45pm Free		7:00-8:00 pm		10:00-11:00am	12:30-1:30pm	1:00-2:00pm Free
Open Swim 18+ (Both Pools)	11:00-12:45 am 7:45-9:00 pm	7:30-9:00 am 7:30-9:00 pm	11:45-12:45 pm 8:00-9:00 pm	7:30-9:00 am 7:30-9:00 pm	11:45-12:45pm		
Open Swim 55+ (Both Pools)						11:30-12:30pm	12:00-1:00pm
Open Swim Parent and Tot (Both Pools)	9:00-10:00 am						
Water Fit	10:15-11:00 am		11:00 am-11:45 am		11:00 am-11:45 pm		

NOTES: Centre will be CLOSED on February 17, 2025 (Family Day)

For information on swim admission criteria and supervision requirements:

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