



Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr.
Phone: 905-546-3747

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 Swim	6:30-1:45pm 8:00-9:00pm	9:00-1:00pm 7:00-9:00pm	6:30-1:45pm 8:00-9:00pm	9:00-1:00pm 7:00-9:00pm	6:30-1:45pm	11:30-2:30pm	11:30-2:30pm
Open Swim 18+ (Leisure pool only)	8:00-9:00pm		8:00-9:00pm				
Open Swim 18+ (½ big & leisure pool)	10:30-11:30am	8:00-9:00pm	10:30-11:30am	8:00-9:00pm	10:30-11:30am	1:00-2:30pm	1:00-2:30pm
Open Swim 55+ (½ big & leisure pool)	7:45-9:00am		7:45-9:00am		7:45-9:00am		
Open Swim Adapted (Leisure pool only)		1:00-2:00pm		1:00-2:00pm			
Open Swim Family (½ big & leisure pool)		7:00-8:00pm (FREE)					
Open Swim Parent & Tot (Leisure pool)	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
Open Swim (Leisure pool only)	7:00-8:00pm		7:00-8:00pm				11:30-1:00pm
Open Swim (½ big & leisure pool)	6:30-7:45am 11:30-1:00pm		6:30-7:45am 11:30-1:00pm	7:00-8:00pm	6:30-7:45am 11:30-1:00pm		
Open Swim (½ big pool only)		11:30-1:00pm		11:30-1:00pm			
Open Swim (Both pools & waterslide)					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
Waterfit	1:00-1:45pm 7:15-8:00pm	10:45-11:30am	1:00-1:45pm 7:15-8:00pm	10:45-11:30am		8:00-8:45am	

NOTES: Centre will be on a modified schedule 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>