



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



SWIMMING SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – March 16, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths Swim	9:00 – 10:00 am	7:30-9:00 am (3 lanes)		7:30-9:00 am (3 lanes)			
	7:45-9:00 pm (3 Lanes)	10:15-12:45 pm 8:00-9:00 pm (3 Lanes)		10:15-12:45 pm 7:30-9:00 pm (3 Lanes)			
Open Swim (Both Pools) (Warm pool raised)	1:30 - 3:30 pm		1:30 – 3:30 pm FREE - Councillor Sponsored 7:00- 8:00 pm	5:30-7:15 pm			
	4:45-5:45 pm (FREE)						
Open Swim 18+ (Both Pools)	11:00am-12:45pm	7:30-9:00 am	11:45am-12:45pm	7:30-9:00 am			
	7:45-9:00pm	8:00-9:00 pm	8:00-9:00 pm	7:30-9:00 pm			
Open Swim 55+ (Both Pools)							
Open swim - Parent and Tot (warm pool only)	9:00 - 10:00 am						
Water Fit	10:15 -11:00 am		11:00-11:45 am				

NOTES:

Pool closed for Maintenance from March 14 to 20, 2025.

For information on swim admission criteria and supervision requirements:

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