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For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – SPRING 2025 – April 7, 2025 – June 29, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths	9:00-10:00am 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) 10:15-12:45 pm 7:30-9:00 pm (3 lanes)			
Open Swim (Both Pools) (Warm pool raised)	4:45-5:45pm Free		7:00-8:00 pm		10:00-11:00 am (lap pool only)	12:30-1:30pm	1:00-2:00pm Free
Open Swim 18+ (Both Pools)	11:00-12:45am 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)						11:30-12:30pm	12:00-1:00pm
Open Swim Parent and Tot (Warm pool Only)	9:00-10:00am						
Water Fit	10:15-11:00am		11:00am-11:45am		11:00 am-11:45 pm		

NOTES: Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.

For information on swim admission criteria and supervision requirements:

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

