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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 |
| Length | 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) 10:15-12:45pm 7:30-9:00 pm (3 lanes) | | | |
| Open Swim (Both Pools) (Warm pool raised) | 4:45-5:45pm Free | | 7:00-8:00 pm | | 10:00-11:00 am | 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 (Both Pools) | 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>

