



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

**For real time program info:**  
[hamilton.ca/swimming](http://hamilton.ca/swimming)



<b>SWIMMING SCHEDULE – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024</b>							
<b>PROGRAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Length Swim</b>	6:30-1:45pm 8:00-9:00pm	9:00-1:00pm 6:45-9:00pm	6:30-1:45pm 8:00-9:00pm	9:00-1:00pm 6:45-9:00pm	6:30-1:00pm	11:30-2:30pm	11:30-2:30pm
<b>Open Swim (Both pools &amp; waterslide)</b>					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
<b>Open Swim (Leisure pool only)</b>	7:00-8:00pm		7:00-8:00pm				11:30-1:00pm
<b>Open Swim Adapted (Leisure pool only)</b>		1:00-2:00pm		1:00-2:00pm			
<b>Open Swim 18+ (Leisure pool only)</b>	8:00-9:00pm		8:00-9:00pm				
<b>Open Swim Parent &amp; Tot (Leisure pool)</b>	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
<b>Open Swim (½ big &amp; leisure pool)</b>	6:30-7:45am 11:30-1:00pm	6:45-7:45pm FREE	6:30-7:45am 11:30-1:00pm	6:45-7:45pm	6:30-7:45am 11:30-1:00pm		
<b>Open Swim (½ big pool only)</b>		11:30-1:00pm		11:30-1:00pm			
<b>Open Swim 18+ (½ big &amp; leisure pool)</b>	10:30-11:30am	7:45-9:00pm	10:30-11:30am	7:45-9:00pm	10:30-11:30am	1:00-2:30pm	1:00-2:30pm
<b>Open Swim 55+ (½ big &amp; leisure pool)</b>	7:45-9:00am		7:45-9:00am		7:45-9:00am		
<b>Waterfit</b>	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 Closed April 1, 2024 (Easter Monday) and May 20, 2024 (Victoria Day)**

For information on swim admission criteria and supervision requirements:

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