



Hamilton

Hill Park Recreation Centre, 305 South Bend Road East
905-546-4920

SWIM SCHEDULE – September 7, 2022 to December 24, 2022

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|----------------------------|---------|-------------|-------------|--------|--------------|--------|
| Open Swim 18+ (Combined with Length Swim) | 8:00-9:30am 7:30-9:30pm | | 8:15-9:15pm | | | 12:00-1:30pm | |
| Length Swim | 8:00-9:30am 7:30-9:30pm | | 8:15-9:15pm | | | 12:00-1:30pm | |
| Open Swim | | | | | | 1:30-3:00pm | |
| Open swim Female Only | | | | 7:00-8:00pm | | | |
| Waterfit – Female Only | | | | 8:00-8:45pm | | | |

NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)

SUPERVISION REQUIREMENTS

| AGE OF CHILD | RATIO WITHOUT LIFEJACKETS | RATIO WITH LIFEJACKETS |
|--------------|---------------------------|------------------------|
| 0 – 5 YEARS | 1:2 | |
| 6 – 9 YEARS | 1:4 | 1:8 |

SWIM ADMISSION CRITERIA

All non-swimmers must remain in the shallow end.

- Children 0-5 years of age must be accompanied by a parent or guardian, and must be within arm's reach at all times.
- Children 6-9 years of age who cannot pass the Facility Swim Test, must be accompanied by a parent or guardian, and must be within arm's reach at all times.
- Children 6-9 who can pass the Facility Swim Test may be admitted without a parent or guardian

A guardian is defined as an individual at least 12 years of age or older who is responsible for the direct supervision of children within their care.