



Hamilton

**Sir Allan MacNab Recreation Centre,
145 Magnolia Drive, 905-546-2554**

SWIM SCHEDULE – September 6, 2022 to December 24, 2022

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|----------------------------------|---|------------------|----------------|---------------|
| Lengths | | 7:30-9:00 am (3 lanes) 10:15-12:45 pm 8:00-9:00 pm (3 Lanes) | | 7:30-9:00 am (3 lanes) 10:15-12:45 pm | | | |
| Open Swim (Both Pools) | 4:45-5:45 pm | | 7:00- 8:00 pm | | | 12:45-1:45 pm | 1:15-2:15 pm |
| Open Swim 18+ (Both Pools) | 11:00am-12:00 pm 7:45-8:45 pm | 7:30-9:00 am 8:00-9:00 pm | 11:45am-12:45 pm 8:00-9:00 pm | 7:30-9:00 am 7:30-8:30 pm | 11:45am-12:45 pm | | |
| Open Swim 55+ (Both Pools) | | | | | | 11:30-12:30 pm | 12:00-1:00 pm |
| Water Fit - Parent and Tot | | | | | 10:00-10:45 am | | |
| Water Fit | 10:15-11:00 am 12:00-12:45 pm 6:00-6:45 pm | | 11:00-11:45 am | 6:45-7:30 pm | 11:00-11:45 am | | |

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.