



Hamilton

**Westmount Recreation Centre, 35 Lynbrook Dr.  
905-546-4932**

**SWIM SCHEDULE – January 9, 2023 to April 2, 2023**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Swim Adapted</b> (Leisure Pool Only)		1:00-2:00pm		1:00-2:00pm			
<b>Open Swim</b> (Leisure Pool Only)	7:15-9:00pm		7:15-9:00pm			1:00-2:30pm	11:30-1:00pm
<b>Open Swim 18+</b> (Leisure pool only)							1:00-2:30pm
<b>Open Swim</b> (Both pools & Waterslide)					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
<b>Open Swim</b> (1/2 Big & Leisure Pool)	6:30-7:45am 11:30-1:00pm	<b>6:45-7:45pm FREE</b>	6:30-7:45am 11:30-1:00pm	6:45-7:45pm	6:30-7:45am 11:30-1:00pm		
<b>Open Swim</b> (1/2 Big Pool only)		11:30-1:00pm		11:30-1:00pm			
<b>Open Swim Parent &amp; Tot</b> (Leisure Pool)	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
<b>Open Swim 18+</b> (1/2 Big & Leisure Pool)	10:30-11:30am	7:45-9:00pm	10:30-11:30am	7:45-9:00pm	10:30-11:30am		
<b>Open Swim 55+</b> (1/2 Big & Leisure Pool)	7:45-9:00am		7:45-9:00am		7:45-9:00am		
<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>Water Fit</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: Center will be closed Monday February 20, 2023.**

**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.