



Centre Name: Sir Allan Macnab
Address: 145 Magnolia Dr, Hamilton
Phone: 905-546-2554
Email: recreation@hamilton.ca

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – January 8, 2024 to March 31, 2024

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

NOTES: Centre will closed Monday February 19, 2024 (Family Day)
Centre will be closed on Friday March 29, 2024 (Good Friday)

For information on swim admission criteria and supervision requirements:
www.hamilton.ca/swimetiquette



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GYM SCHEDULE – January 8, 2024 to March 31, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton Family 6:00-7:00pm	Basketball 13-17yrs 6:00-7:30pm	Open Gym Family 6:00-7:00pm	Soccer 13-17yrs 6:00-7:30pm	Open Gym 9-12yrs 6:00-7:00pm		
Badminton 16+ 7:00-9:00pm	Basketball 18+ 8:00-9:00pm	Badminton 16+ 7:15-9:00pm	Soccer 18+ 7:45-9:00pm	Basketball 13-17yrs 7:00-9:00pm		

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Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.