



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

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	6:30-8:30am 11:00-1:00pm 6:45-8:45pm	11:00-2:00pm 6:45-8:45pm	6:30-8:30am 11:00-1:00pm 6:45-8:45pm	11:00-2:00pm 6:45-8:45pm	6:30-8:30am 11:00-1:00pm	8:00-12:00pm	10:15-2:30pm
Open Swim 18+ (½ big & leisure pool)	7:45-8:45pm (Leisure Pool Only)	7:45-8:45pm	7:45-8:45pm (Leisure Pool Only)	7:45-8:45pm		10:30-12:00pm	1:00-2:30pm
Open Swim 18+ (½ big)		11:00-12:00pm		11:00-12:00pm			
Open Swim 55+ (½ big & leisure pool)	7:30-8:30am		7:30-8:30am		7:30-8:30am		
Open Swim 55+ (Leisure pool only)						8:00-9:15am	
Open Swim Adapted (½ big & leisure pool)		1:00-2:00pm		1:00-2:00pm			4:30-5:30pm (Both pools & Slide)
Open Swim Family (½ big & leisure pool)		6:45-7:45pm (FREE)					
Open Swim Parent & Tot (Leisure pool)	11:00-12:00pm		11:00-12:00pm		11:00-12:00pm	9:15-10:30am	10:15-11:30am
Open Swim (Leisure pool only)	6:45-7:45pm		6:45-7:45pm				
Open Swim (½ big & leisure pool)	6:30-7:30am 12:00-1:00pm	12:00-1:00pm	6:30-7:30am 12:00-1:00pm	12:00-1:00pm 6:45-7:45pm	6:30-7:30am 12:00-1:00pm		11:30-1:00pm
Open Swim (Both pools & waterslide)					6:45-8:00pm	12:30-2:00pm	2:45-4:15pm
Waterfit	11:00-11:45am 7:45-8:30pm		11:00-11:45am 7:45-8:30pm		11:00-11:45am	8:00-8:45am	

NOTES: Centre will be Closed July 1, 2025 (Canada Day), August 4, 2025 (Civic Holiday) and September 1, 2025 (Labour Day)

For information on swim admission criteria and supervision requirements:

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