



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

For real time program info:  
[hamilton.ca/swimming](https://hamilton.ca/swimming)



## SWIMMING SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Length Swim</b>	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
<b>Open Swim 18+ (½ big &amp; leisure pool)</b>	7:45-8:45pm <b>(Leisure Pool Only)</b>	7:45-8:45pm	7:45-8:45pm <b>(Leisure Pool Only)</b>	7:45-8:45pm		10:30-12:00pm	1:00-2:30pm
<b>Open Swim 18+ (½ big)</b>		11:00-12:00pm		11:00-12:00pm			
<b>Open Swim 55+ (½ big &amp; leisure pool)</b>	7:30-8:30am		7:30-8:30am		7:30-8:30am		
<b>Open Swim 55+ (Leisure pool only)</b>						8:00-9:15am	
<b>Open Swim Adapted (½ big &amp; leisure pool)</b>		1:00-2:00pm		1:00-2:00pm			4:30-5:30pm <b>(Both pools &amp; Slide)</b>
<b>Open Swim Family (½ big &amp; leisure pool)</b>		6:45-7:45pm (FREE)					
<b>Open Swim Parent &amp; Tot (Leisure pool)</b>	11:00-12:00pm		11:00-12:00pm		11:00-12:00pm	9:15-10:30am	10:15-11:30am
<b>Open Swim (Leisure pool only)</b>	6:45-7:45pm		6:45-7:45pm				
<b>Open Swim (½ big &amp; leisure pool)</b>	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
<b>Open Swim (Both pools &amp; waterslide)</b>					6:45-8:00pm	12:30-2:00pm	2:45-4:15pm
<b>Waterfit</b>	11:00-11:45am 7:45-8:30pm		11:10-11:55am 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>