



Sir Allan MacNab Recreation Centre
145 Magnolia Drive, Hamilton
905-546-3747

For real time program info:
 hamilton.ca/swimming



SWIMMING SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths	9:00am-10:00am 7:30pm-9:00PM (3 lanes)	7:30am-9:00am (3 lanes) 10:15am-12:45pm 7:30pm-9:00pm (3 lanes)		7:30am-9:00am (3 lanes) 10:15am-12:45pm 7:30pm-9:00pm (3 lanes)		11:00am-11:55am	
Open Swim 18+ (Both pools)	11:00am-12:45pm 7:30pm-9:00pm	7:30am-9:00am 7:30pm-9:00pm	11:45am-12:45pm 8:00pm-9:00pm	7:30am-9:00am 7:30pm-9:00pm	11:45am-12:45pm		
Open Swim 55+ (Both pools)						12:00pm-1:00pm	12:00pm-1:00pm
Open Swim (Lap Pool Only)					10:00am-11:00am		
Open Swim (Both Pools) (Warm pool raised)	4:30pm-5:30pm FREE		7:00pm-8:00pm			1:00pm-2:00pm	1:00pm-2:00pm FREE
Waterfit	10:15am-11:00am		11:00am-11:45am		11:00am-11:45am		

NOTES: Centre will be Closed October 13, 2025 (Thanksgiving)

For information on swim admission criteria and supervision requirements:

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