



Westmount Recreation Centre  
35 Lynbrook Dr.  
905-546-3747

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



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

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Length Swim</b>	6:30-1:45pm 8:00-9:00pm	8:45-2:00pm 7:00-9:00pm	6:30-1:45pm 8:00-9:00pm	8:45-2:00pm 7:00-9:00pm	6:30-1:45pm	11:30-2:30pm	11:30-2:30pm
<b>Open Swim 18+ (Leisure pool only)</b>	8:00-9:00pm		8:00-9:00pm				
<b>Open Swim 18+ (½ big &amp; leisure pool)</b>	10:30-11:30am	8:00-9:00pm	10:30-11:30am	8:00-9:00pm	10:30-11:30am	1:00-2:30pm	1:00-2:30pm
<b>Open Swim 55+ (½ big &amp; leisure pool)</b>	7:45-9:00am		7:45-9:00am		7:45-9:00am		
<b>Open Swim Adapted (½ big &amp; leisure pool)</b>		1:00-2:00pm		1:00-2:00pm			4:30-5:30pm (Both pools & Slide)
<b>Open Swim Family (½ big &amp; leisure pool)</b>		7:00-8:00pm (FREE)					
<b>Open Swim Parent &amp; Tot (Leisure pool)</b>	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
<b>Open Swim (Leisure pool only)</b>	7:00-8:00pm		7:00-8:00pm				11:30-1:00pm
<b>Open Swim (½ big &amp; leisure pool)</b>	6:30-7:45am 11:30-1:00pm		6:30-7:45am 11:30-1:00pm	7:00-8:00pm	6:30-7:45am 11:30-1:00pm		
<b>Open Swim (½ big pool only)</b>		11:30-1:00pm		11:30-1:00pm			
<b>Open Swim (Both pools &amp; waterslide)</b>					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
<b>Waterfit</b>	1:05-1:50pm 7:10-7:55pm	10:45-11:30am	1:05-1:50pm 7:10-7:55pm	10:45-11:30am	1:05-1:50pm	8:05-8:50am	

**NOTES: Centre will be closed Monday, October 13<sup>th</sup> (Thanksgiving)**

For information on swim admission criteria and supervision requirements:

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