



Sir Wilfrid Laurier Recreation Centre  
60 Albright Road  
905-546-3747

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



SWIMMING SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Fit		9:30 – 10:15 am					
Open Swim 18+ (3 lanes)	9:30 – 10:30 am		9:30 – 10:30 am		9:30 – 10:30 am		
Length Swim (3 lanes)	9:30 – 1:00 pm	10:30 – 1:00 pm	9:30 – 1:00 pm	10:30 – 1:00 pm	9:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm
Open Swim (3 lanes)	10:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm	10:30 – 1:00 pm
Open Swim (Whole Pool)						1:15 – 2:45 pm <b>FREE</b>	
Length Swim (6 lanes)	8:15 – 9:30 pm	8:15 – 9:30 pm	8:15 – 9:30 pm	8:15 – 9:30 pm	8:15 – 9:30 pm		

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

**The 8:15 – 9:30 pm Length Swim (6 lanes) will be cancelled on Friday September 12<sup>th</sup> due to staff training.**

For information on swim admission criteria and supervision requirements:

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