



**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+<br>(3 lanes)                                            | 9:30 – 10:30 am |                 | 9:30 – 10:30 am |                 | 9:30 – 10:30 am |                               |                 |
| Length Swim<br>(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<br>(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<br>(Whole Pool)                                             |                 |                 |                 |                 |                 | 1:15 – 2:45 pm<br><b>FREE</b> |                 |
| Length Swim<br>(4 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  |                               |                 |
| Open Swim 18+<br>(2 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/Open Swim 18+ will be cancelled on Friday September 12<sup>th</sup> and Friday December 19<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>