



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

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



**SWIMMING SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	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
Open Swim 18+ (Leisure pool only)	8:00-9:00pm		8:00-9:00pm				
Open Swim 18+ (½ big & leisure pool)	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
Open Swim 55+ (½ big & leisure pool)	7:45-9:00am		7:45-9:00am		7:45-9:00am		
Open Swim Adapted (½ big & leisure pool)		1:00-2:00pm		1:00-2:00pm			4:30-5:30pm (Both pools & Slide)
Open Swim- Family (½ big & leisure pool)		7:00-8:00pm (FREE)					
Open Swim Parent & Tot (Leisure pool)	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
Open Swim (Leisure pool only)	7:00-8:00pm		7:00-8:00pm				11:30-1:00pm
Open Swim (½ big & leisure pool)	6:30-7:45am 11:30-1:00pm	11:30-1:00pm	6:30-7:45am 11:30-1:00pm	11:30-1:00pm 7:00-8:00pm	6:30-7:45am 11:30-1:00pm		
Open Swim (Both pools & waterslide)					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
Waterfit	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 on a modified schedule on February 16, 2026 (Family Day)**

**Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)**

For information on swim admission criteria and supervision requirements:

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