



**Name:** Sir Wilfrid Laurier Recreation Centre  
**Address:** 60 Albright Road  
**Phone:** 905-546-3747

**For real time program info scan  
the QR code or visit:  
hamilton.ca/DropIn**



#### **FAMILY DAY SCHEDULE (Monday February 16, 2026)**

<b>SWIMMING</b>	<b>GYM</b>
Length Swim (3 lanes) 9:30-11:00 am	Open Gym (17 and Under with an Adult) 10:00am-11:30am
Open Swim 18+ (3 lanes) 9:30-11:00 am	Open Gym (Parent & Tot) 10:00-11:30am
Open Swim (full pool) 11:15-12:45 pm	Open Gym (6-13yrs) 11:45-1:00pm

For information on swim admission criteria and supervision requirements:

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

