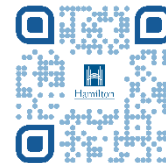




Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr.
Phone: 905-546-3747

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



FAMILY DAY SCHEDULE (Monday February 16, 2026)	
SWIMMING	GYM
Open Swim Parent & Tot (Leisure pool) 11:00am-12:00pm	Open Gym Parent & Tot 11:00am-1:00pm
Length Swim 11:00am-1:15pm	Open Gym (17 & Under with Adult) 11:00am-1:00pm
Open Swim 18+ 12:00-1:15pm	Open Gym (all ages) 1:15-3:00pm
Open Swim (Both pools & waterslide) 1:30-3:00pm	Game and Activity Time (17 & Under with Adult) 11:00am-3:00pm

For information on swim admission criteria and supervision requirements:

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

