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For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Fit		10:45-11:30am		10:45-11:30 am	10:45-11:30 am		9:15-10:00 am Women's Only
Open Swim 18+	11:30-12:30 pm	11:30-12:30 pm	11:30-12:30 pm	11:30-12:30 pm	11:30-12:30 pm	11:30-12:30 pm	
Open Swim- WOMEN ONLY	6:00-7:30 pm			7:15-8:15 pm			11:30-1:30 pm
Open Swim						12:45-1:45 pm FREE	
Open Swim- Family		5:00-6:00 pm FREE					

NOTES: Centre will be Closed on February 16, 2026 (Family Day)
Centre will be on a modified schedule From March 14-22, 2026 (March Break)
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>