



Sir Wilfrid Laurier  
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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
Water Fit				9:30 – 10:15 am			
Open Swim 18+ (3 lanes)	9:30 – 10:30 am		9:30 – 10:30 am		9:30 – 10:30 am		
Length Swim (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 (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 (Whole Pool)		9:30 – 10:15 am <b>FREE</b>				1:15 – 2:45 pm <b>FREE</b>	
Length Swim (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+ (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 on a modified schedule 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>