

# Family Day Gym / Swims

Monday, February 16, 2026



Open Swim / Gym programs available at select centres across the City of Hamilton.

Location	Gym	Swim
<b>Bennetto Community Centre</b>	Open Gym (Under 17 with Adult) 10:00am - 2:00pm	Open Swim 18+ 10:00 – 11:45am
		Open Swim 12:00 – 2:00pm
<b>Bernie Morelli Recreation Centre</b>	Open Gym (Parent and Tot) 11:00 - 12:30pm	Open Swim (Family) 11:00am – 12:45pm
	Open Gym (Under 17 with Adult) 1:00 – 3:00pm	Open Swim 1:15 - 3:00pm
<b>Sir Wilfrid Laurier Recreation Centre</b>	Open Gym (Under 17 with Adult) 10:00 - 11:30am	Length Swim (3 Lanes) 9:30 - 11:00am
	Open Gym (Parent & Tot) 10:00 - 11:30am	Open Swim 18+ (3 Lanes) 9:30 - 11:00am
	Open Gym (6 - 13 yrs) 11:45am - 1:00pm	Open Swim (Full Pool) 11:15am - 12:24pm
<b>Stoney Creek Recreation Centre</b>		Open Swim 18+ 11:30am – 12:30pm
		Open Swim 1:00 – 3:00pm
<b>Valley Park Community Centre</b>	Open Gym (Under 17 with Adult) 12:15 – 1:45pm	Lengths / Open Swim 18+ 12:00 – 1:30pm
	Open Gym 1:45 – 4:00pm	Open Swim 2:00 – 4:00pm
<b>Westmount Recreation Centre</b>	Open Gym (Parent and Tot) 11:00am – 1:00pm	Open Swim (Parent and Tot) Leisure Pool 11:00am – 12:00pm
	Open Gym (Under 17 with Adult) 11:00am – 1:00pm	Lengths 11:00am – 1:15pm
	Game and Activity Time (Under 17 with Adult) 11:00am – 3:00pm	Open Swim 18+ 12:00 – 1:15pm
	Open Gym (All Ages) 1:15 – 3:00pm	Open Swim (Both pools & waterslide) 1:30 – 3:00pm

For drop-in gym schedules, visit: [hamilton.ca/Gym](http://hamilton.ca/Gym)  
and for drop-in swim schedules, visit: [hamilton.ca/Swimming](http://hamilton.ca/Swimming)

