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For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – MARCH BREAK 2026 – MARCH 14, 2026 – March 22, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+		12:00-1:30pm		12:00-1:30pm	7:15-8:15pm		
Open Swim 55+	8:45-10:00am		8:45-10:00am		8:45-10:00am		
Open Swim	10:15-11:15am 6:00-7:00pm	7:15-8:15pm (FREE)	11:15-12:15pm 6:00-7:00pm	6:00-7:00pm	10:15-11:15am 6:15-7:15pm	1:15-2:15pm	12:30-1:30pm
Open Swim Family	7:15-8:15pm	6:00-7:00pm		7:15-8:15pm		9:00-10:00am 12:00-1:00pm	9:00-10:00am 2:00-3:00pm
Open Swim P&T	11:30-12:30pm	9:45-10:45am		9:45-10:45am	11:30-12:30pm		
Open Swim Adapted		11:00-12:00pm	7:15-8:15pm	11:00-12:00pm		2:15-3:15pm	

NOTES:

For information on swim admission criteria and supervision requirements:

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