



Sir Allan MacNab Recreation Centre
 145 Magnolia Drive, Hamilton
 905-546-3747

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
Lengths	9:00am-10:00am 7:30pm-9:00PM (3 lanes)	7:30am-9:00am (3 lanes) 10:15am-12:45pm 7:30pm-9:00pm (3 lanes)		7:30am-9:00am (3 lanes) 10:15am-12:45pm 7:30pm-9:00pm (3 lanes)		11:00am-11:55am	
Open Swim 18+ (Both pools)	11:00am-12:45pm 7:30pm-9:00pm	7:30am-9:00am 7:30pm-9:00pm	11:45am-12:45pm 8:00pm-9:00pm	7:30am-9:00am 7:30pm-9:00pm	11:45am-12:45pm		
Open Swim 55+ (Both pools)						12:00pm-1:00pm	12:00pm-1:00pm
Open Swim (Both Pools) (Warm pool raised)	1:00pm-3:00pm 4:30pm-5:30pm FREE		1:00pm-3:00pm 7:00pm-8:00pm		10:00-11:00am 1:00pm-3:00pm	1:00pm-2:00pm	1:00pm-2:00pm FREE
Waterfit	10:15am-11:00am		11:00am-11:45am	9:15-10:00am			

NOTES:

For information on swim admission criteria and supervision requirements:

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