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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 |
| Water Fit | | 9:30 – 10:15 am | | 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 |
| Open Swim (Whole Pool) | | 6:30 – 8:00 pm | | 6:30 – 8:00 pm | 6:30 – 8:00 pm | 1:15 – 2:45 pm FREE | |
| Length Swim (4 lanes) | 8:15 – 9:30 pm | | |
| Open Swim 18+ (2 lanes) | 8:15 – 9:30 pm | | |

NOTES:

For information on swim admission criteria and supervision requirements:

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