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**For real time program info:**  
[hamilton.ca/swimming](https://hamilton.ca/swimming)



**SWIMMING SCHEDULE – WINTER 2026 – January 12, 2026 – April 5, 2026**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lengths (4 lanes) Open Swim 18+ (1 lane)</b>	6:30-8:15 am 12:30-1:30 pm 8:15-9:30 pm	6:30-8:15 am 12:30-1:30 pm	6:30-8:15 am 12:30-1:30 pm 8:15-9:30 pm	6:30-8:15 am 12:30-1:30 pm	6:30-8:15 am 12:30-1:30 pm	6:30-8:00 am 12:15-1:30 pm	6:30-8:15 am
<b>Water Fit</b>	9:00-9:45 am 7:15-8:00 pm		9:00-9:45 am 7:15-8:00 pm		9:00-9:45 am	11:15-12:00 pm	
<b>Open Swim 18+</b>	11:00-12:25 pm	9:00-9:45 am <b>FREE</b> 11:00-12:25 pm	11:00-12:25 pm	9:00-9:45 am <b>FREE</b> 11:00-12:25 pm	11:00-12:25 pm		
<b>Open Swim</b>						1:45-3:15 pm <b>FREE</b>	

**NOTES:**

Centre will be closed on February 16, 2026 (Family Day)

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>