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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
Lengths (4 lanes) Open Swim 18+ (1 lane)	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
Water Fit	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 10:00-10:45 am	11:15-12:00 pm	
Open Swim 18+	11:00-12:25 pm	9:00-9:45 am FREE 11:00-12:25 pm	11:00-12:25 pm	9:00-9:45 am FREE 11:00-12:25 pm	11:00-12:25 pm		
Open Swim		5:30-7:00 pm FREE			5:30-7:00 pm FREE	1:45-3:30 pm FREE	

NOTES:

For information on swim admission criteria and supervision requirements:

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