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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 | | | 5:30-7:30 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>