



Sir Wilfrid Laurier Recreation Centre

60 Albright Road | 905-546-3747

Swim Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:
www.hamilton.ca/swimming

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Swim 18+ (3 Lanes) 09:30 am – 10:30 am	Waterfit 09:30 am – 10:15 am	Open Swim 18+ (3 Lanes) 09:30 am – 10:30 am	Waterfit 09:30 am – 10:15 am	Open Swim 18+ (3 Lanes) 09:30 am – 10:30 am	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Open Swim (3 Lanes) 10:30 am – 01:00 pm
2	Length Swim (3 Lanes) 09:30 am – 01:00 pm	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Length Swim (3 Lanes) 09:30 am – 01:00 pm	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Length Swim (3 Lanes) 09:30 am – 01:00 pm	Length Swim (3 Lanes) 10:30 am – 01:00 pm	Length Swim (3 Lanes) 10:30 am – 01:00 pm
3	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Length Swim (3 Lanes) 10:30 am – 01:00 pm	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Length Swim (3 Lanes) 10:30 am – 01:00 pm	Open Swim (3 Lanes) 10:30 am – 01:00 pm	Open Swim (Free) 01:15 pm – 02:45 pm	--
4	Waterfit 01:15 pm – 02:00 pm	Waterfit 01:15 pm – 02:00 pm	Waterfit 01:15 pm – 02:00 pm	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	--	--
6	Length Swim (4 Lanes) 08:15pm – 09:30 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	--	--	--	--

Notes:

- Centre will be Closed Monday May 18, 2026 for Victoria Day.

For information on swim admission criteria and supervision requirements: <https://www.hamilton.ca/things-to/recreation/customer-service/swimming-policies-guidelines>.