



Westmount Recreation Centre

35 Lynbrook Dr. | 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	Length Swim 6:30 am – 1:45 pm	Length Swim 8:45 am – 2:00 pm	Length Swim 6:30 am – 1:45 pm	Length Swim 8:45 am – 2:00 pm	Length Swim 6:30 am – 1:45 pm	Waterfit 8:05 am – 8:50 am	Length Swim 11:30 am – 2:30 pm
2	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:45 am	Waterfit 10:45 am – 11:30 am	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:45 am	Waterfit 10:45 am – 11:30 am	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:45 am	Length Swim 11:30 am – 2:30 pm	Open Swim (Leisure Pool) 11:30 am – 1:00 pm
3	Open Swim 55+ (1/2 Big & Leisure Pool) 7:45 am – 9:00 am	Open Swim (1/2 Big Pool) 11:30 am – 1:00 pm	Open Swim 55+ (1/2 Big & Leisure Pool) 7:45 am – 9:00 am	Open Swim (1/2 Big Pool) 11:30 am – 1:00 pm	Open Swim 55+ (1/2 Big & Leisure Pool) 7:45 am – 9:00 am	Open Swim Parent & Tot (0-5) (Leisure Pool) 11:30 am – 1:00 pm	Open Swim 18+ (1/2 Swim and Leisure Pool) 1:00 pm – 2:30 pm
4	Open Swim Parent & Tot (0-5)	Open Swim Adapted (1/2 Big & Leisure Pool)	Open Swim Parent & Tot (0-5)	Open Swim Adapted (1/2 Big & Leisure Pool)	Open Swim Parent & Tot (0-5)	Open Swim 18+ (1/2 Big & Leisure Pool)	Open Swim (Both Pools & Waterslide)

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	(Leisure Pool) 9:00 am – 10:30 am	Leisure Pool) 1:00 pm – 2:00 pm	(Leisure Pool) 9:00 am – 10:30 am	Leisure Pool) 1:00 pm – 2:00 pm	(Leisure Pool) 9:00 am – 10:30 am	1:00 pm – 2:30 pm	2:45 pm – 4:15 pm
5	Open Swim 18+ (1/2 Big & Leisure Pool) 10:30 am – 11:30 am	Length Swim 7:00 pm – 9:00 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 10:30 am – 11:30 am	Length Swim 7:00 pm – 9:00 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 10:30 am – 11:30 am	Open Swim (Both Pools & Waterslide) 2:45 pm – 4:15 pm	Open Swim Adapted (Both Pools & Waterslide) 4:30 pm – 5:30 pm
6	Open Swim (1/2 Big & Leisure Pool) 11:30 am – 1:00 pm	Open Swim Family – FREE (1/2 Big & Leisure Pool) 7:00 pm – 8:00 pm	Open Swim (1/2 Big & Leisure Pool) 11:30 am – 1:00 pm	Open Swim Family (1/2 Big & Leisure Pool) 7:00 pm – 8:00 pm *FREE	Open Swim (1/2 Big & Leisure Pool) 11:30 am – 1:00 pm	--	--
7	Waterfit 1:05 pm – 1:50 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 8:00 pm – 9:00 pm	Waterfit 1:05 pm – 1:50 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 8:00 pm – 9:00 pm	Waterfit 1:05 pm – 1:50 pm	--	--
8	Open Swim (Leisure Pool) 7:00 pm – 8:00 pm	--	Open Swim (Leisure Pool) 7:00 pm – 8:00 pm	--	Open Swim (Both Pools & Waterslide) 7:15 pm – 8:45 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Waterfit 7:10 pm – 7:55 pm	--	Waterfit 7:10 pm – 7:55 pm	--	--	--	--
10	Open Swim 18+ (Leisure Pool) 8:00 pm – 9:00 pm	--	Open Swim 18+ (Leisure Pool) 8:00 pm – 9:00 pm	--	--	--	--
11	Length Swim 8:00 pm – 9:00 pm	--	Length Swim 8:00 pm – 9:00 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-do/recreation/customer-service/swimming-policies-guidelines>.