



# Norman Pinky Lewis

192 Wentworth St. N | 905-546-3122

## Indoor Schedule Summer 2026

June 29 – September 7, 2026

For the most current schedule information:  
[www.hamilton.ca/swimming](http://www.hamilton.ca/swimming)

| Day/<br>Activity | Monday                                       | Tuesday                                   | Wednesday                                   | Thursday                                  | Friday                                     | Saturday | Sunday |
|------------------|----------------------------------------------|-------------------------------------------|---------------------------------------------|-------------------------------------------|--------------------------------------------|----------|--------|
| 1                | <b>Length Swim</b><br>12:30 pm – 2:45 pm     | <b>Water Fit</b><br>11:00 am – 11:45 am   | <b>Length Swim</b><br>10:30 am – 12:15 pm   | <b>Water Fit</b><br>11:00 am – 11:45 am   | <b>Length Swim</b><br>12:30 pm – 2:45 pm   | –        | –      |
| 2                | <b>18+ Open Swim</b><br>12:30 pm – 2:45 pm   | <b>Length Swim</b><br>1:15 pm – 3:30 pm   | <b>18+ Open Swim</b><br>10:30 am – 12:15 pm | <b>Length Swim</b><br>1:15 pm – 3:30 pm   | <b>18+ Open Swim</b><br>12:30 pm – 2:45 pm | –        | –      |
| 3                | <b>Female Only Swim</b><br>7:30 pm – 8:30 pm | <b>18+ Open Swim</b><br>1:15 pm – 3:30 pm | <b>Water Fit</b><br>12:30 pm – 1:15 pm      | <b>18+ Open Swim</b><br>1:15 pm – 3:30 pm | <b>Open Swim</b><br>7:00 pm – 8:15 pm      | –        | –      |
| 4                | <b>Length Swim</b><br>9:00 pm – 10:00 pm     | <b>Open Swim</b><br>7:00 pm – 8:00 pm     | <b>Open Swim</b><br>2:30 pm – 4:00 pm       | <b>Open Swim</b><br>7:00 pm – 8:15 pm     | –                                          | –        | –      |
| 5                | <b>18+ Open Swim</b><br>9:00 pm – 10:00 pm   | –                                         | <b>Open Swim</b><br>7:00 pm – 8:15 pm       | <b>Length Swim</b><br>8:30 pm – 9:30 pm   | –                                          | –        | –      |

| Day/<br>Activity | Monday | Tuesday | Wednesday                                    | Thursday                                     | Friday | Saturday | Sunday |
|------------------|--------|---------|----------------------------------------------|----------------------------------------------|--------|----------|--------|
| 6                | –      | –       | <b>Length Swim</b><br>8:30 pm –<br>9:30 pm   | <b>18+ Open Swim</b><br>8:30 pm –<br>9:30 pm | –      | –        | –      |
| 7                | –      | –       | <b>18+ Open Swim</b><br>8:30 pm –<br>9:30 pm | –                                            | –      | –        | –      |

**Notes:**

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will be closed September 7, 2026 for Labour Day.

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