



Sir Wilfrid Laurier Recreation Centre

60 Albright Rd. | 905-546-3747

Indoor Schedule Summer 2026

June 29 – September 7, 2026

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

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

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Open Swim 18+ (2 Lanes) 08:15 pm – 09:30 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	Waterfit 01:15 pm – 02:00 pm	Length Swim (4 Lanes) 08:15 pm – 09:30 pm	Family Swim 06:30 pm – 08:00 pm	--	--
6	Length Swim (4 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	--	--
7	--	--	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 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-do/recreation/customer-service/swimming-policies-guidelines>.