



Westmount Recreation Centre

35 Lynbrook Drive | 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	Length Swim 6:30 am – 8:30 am	Length Swim 11:00 am – 2:00 pm	Length Swim 6:30 am – 8:30 am	Length Swim 11:00 am – 2:00 pm	Length Swim 6:30 am – 8:30 am	Length Swim 8:00 am – 12:00 pm	Length Swim 10:15 am – 2:30 pm
2	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:30 am	Open Swim 18+ (1/2 Big) 11:00 am – 12:00 pm	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:30 am	Open Swim 18+ (1/2 Big) 11:00 am – 12:00 pm	Open Swim (1/2 Big & Leisure Pool) 6:30 am – 7:30 am	Waterfit 8:00 am – 8:45 am	Open Swim Parent & Tot 0-5 (Leisure Pool) 10:15 am – 11:30 am
3	Open Swim 55+ (1/2 Big & Leisure Pool) 7:30 am – 8:30 am	Open Swim (1/2 Big & Leisure Pool) 12:00 pm – 1:00 pm	Open Swim 55+ (1/2 Big & Leisure Pool) 7:30 am – 8:30 am	Open Swim (1/2 Big & Leisure Pool) 12:00 pm – 1:00 pm	Open Swim 55+ (1/2 Big & Leisure Pool) 7:30 am – 8:30 am	Open Swim 55+ (Leisure Pool) 8:00 am – 9:15 am	Open Swim (1/2 Big & Leisure Pool) 11:30 am – 1:00 pm
4	Waterfit 11:00 am – 11:45 am	ADAPTED Open Swim (1/2 Big & Leisure Pool)	Waterfit 11:00 am – 11:45 am	ADAPTED Open Swim (1/2 Big & Leisure Pool)	Waterfit 11:00 am – 11:45 am	Open Swim Parent & Tot 0-5 (Leisure Pool)	Open Swim 18+ (1/2 Big & Leisure Pool)

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1:00 pm – 2:00 pm		1:00 pm – 2:00 pm		9:15 am – 10:30 am	1:00 pm – 2:30 pm
5	Length Swim 11:00 am – 1:00 pm	Length Swim 6:45 pm – 8:45 pm	Length Swim 11:00 am – 1:00 pm	Length Swim 6:45 pm – 8:45 pm	Length Swim 11:00 am – 1:00 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 10:30 am – 12:00 pm	Open Swim (Both Pools & Waterslide) 2:45 pm – 4:15 pm
6	Open Swim Parent & Tot 0-5 (Leisure Pool) 11:00 am – 12:00 pm	FREE FAMILY Open Swim (1/2 Big & Leisure Pool) 6:45 pm – 7:45 pm	Open Swim Parent & Tot 0-5 (Leisure Pool) 11:00 am – 12:00 pm	FREE FAMILY Open Swim (1/2 Big & Leisure Pool) 6:45 pm – 7:45 pm	Open Swim Parent & Tot 0-5 (Leisure Pool) 11:00 am – 12:00 pm	Open Swim (Both Pools & Waterslide) 12:30 pm – 2:00 pm	ADAPTED Open Swim (Both Pools & Waterslide) 4:30 pm – 5:30 pm
7	Open Swim (1/2 Big & Leisure Pool) 12:00 pm – 1:00 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 7:45 pm – 8:45 pm	Open Swim (1/2 Big & Leisure Pool) 12:00 pm – 1:00 pm	Open Swim 18+ (1/2 Big & Leisure Pool) 7:45 pm – 8:45 pm	Open Swim (1/2 Big & Leisure Pool) 12:00 pm – 1:00 pm	--	--
8	Length Swim 6:45 pm – 8:45 pm	--	Length Swim 6:45 pm – 8:45 pm	--	Open Swim (Both Pools & Waterslide) 6:45 pm – 8:00 pm	--	--
9	Open Swim (Leisure Pool)	--	Open Swim (Leisure Pool)	--	--	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:45 pm – 7:45 pm		6:45 pm – 7:45 pm				
10	Waterfit 7:45 pm – 8:30 pm	--	Waterfit 7:45 pm – 8:30 pm	--	--	--	--
11	Open Swim 18+ (Leisure Pool) 7:45 pm – 8:45 pm	--	Open Swim 18+ (Leisure Pool) 7:45 pm – 8:45 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>.