



**Westmount Recreation Centre, 35 Lynbrook Dr.
905-546-4932**

Hamilton

SWIM SCHEDULE – March 8 – May 2, 2021

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|--|---|--|---|--|---|------------------------------------|
| Open Swim | 6:30-7:30am (Small Pool Only -17) 12:00-1:00pm (25 max capacity) | 5:30-6:30pm (21 max capacity) | 6:30-7:30am (Small Pool Only -17) 12:00-1:00pm (25 max capacity) | 5:30-6:30pm (21 max capacity) | 6:30-7:30am (Small Pool Only -17) 12:00-1:00pm (25 max capacity) | 7:30-8:30am (21 max capacity) 10:15-11:15am (Small Pool Only-17) | 2:30-3:30pm (25 max capacity) |
| Open Swim 55+ | 8:00-9:00am (Small Pool Only -17) | | 8:00-9:00am (Small Pool Only -17) | | 8:00-9:00am (Small Pool Only -17) | | |
| Open Swim (Family) | | 7:00-8:00pm (21 max capacity) | | 7:00-8:00pm (21 max capacity) | | 9:00-9:45am (21 max capacity) | 11:30-12:30pm (25 max capacity) |
| Open Swim 18+ | | 8:30-9:30pm (21 max capacity) | | 8:30-9:30pm (21 max capacity) | | | 1:00-2:00pm (25 max capacity) |
| Open Swim (Parent & Tot) | 9:30-10:15am 10:45-11:30am (Small Pool Only- 17) | | 9:30-10:15am 10:45-11:30am (Small Pool Only- 17) | | 9:30-10:15am 10:45-11:30am (Small Pool Only- 17) | | |
| Length Swim | 6:30-7:15am (8) 7:15-8:00am (8) 8:00-8:45am (8) 8:45-9:30am (8) 9:30-10:15am (8) 10:15-11:00am (8) 11:00-11:45am (8) | 5:30-6:15pm (4) 6:15-7:00pm (4) 7:00-7:45pm (4) 7:45-8:30pm (4) 8:30-9:15pm (4) | 6:30-7:15am (8) 7:15-8:00am (8) 8:00-8:45am (8) 8:45-9:30am (8) 9:30-10:15am (8) 10:15-11:00am (8) 11:00-11:45am (8) | 5:30-6:15pm (4) 6:15-7:00pm (4) 7:00-7:45pm (4) 7:45-8:30pm (4) 8:30-9:15pm (4) | 6:30-7:15am (8) 7:15-8:00am (8) 8:00-8:45am (8) 8:45-9:30am (8) 9:30-10:15am (8) 10:15-11:00am (8) 11:00-11:45am (8) | 7:30-8:15am (4) 8:15-9:00am (4) 9:00-9:45am (4) 10:00-10:45am (8) 10:45-11:30am (8) 11:30-12:15pm (8) 12:15-1:00pm (8) 1:00-1:45pm (8) | |

NOTES: Centre will be closed on April 2, 2021 (Good Friday) and April 5, 2021 (Easter Monday)

*** Pre-Reservation is required for all programs. Limited spots available. Visit www.hamilton.ca/dropin to reserve your spot 25 hours before program starts.**

SUPERVISION REQUIREMENTS

| AGE OF CHILD | RATIO WITHOUT LIFEJACKETS | RATIO WITH LIFEJACKETS |
|--------------|---------------------------|------------------------|
| 0 – 5 YEARS | 1:2 | |
| 6 – 9 YEARS | 1:4 | 1:8 |

SWIM ADMISSION CRITERIA

All non-swimmers must remain in the shallow end.

- Children 0-5 years of age must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 years of age who cannot pass the Facility Swim Test, must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 who can pass the Facility Swim Test may be admitted without a parent or guardian

A guardian is defined as an individual at least 12 years of age or older who is responsible for the direct supervision of children within their care.