



Hamilton

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

SWIM SCHEDULE – September 6, 2022 to December 24, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim Adapted <small>(Leisure pool Only)</small>		1:00-2:00pm		1:00-2:00pm			
Open Swim <small>(Leisure pool Only)</small>	7:15-9:00pm		7:15-9:00pm			1:00-2:30pm	11:30-1:00pm
Open Swim 18+ <small>(Leisure pool only)</small>							1:00-2:30pm
Open Swim <small>(Both pools & Waterslide)</small>					7:15-8:45pm	2:45-4:15pm	2:45-4:15pm
Open Swim <small>(1/2 Big & Leisure Pool)</small>	6:30-7:45am 11:30-1:00pm	6:45-7:45pm FREE	6:30-7:45am 11:30-1:00pm		6:30-7:45am 11:30-1:00pm		
Open Swim <small>(1/2 Big Pool only)</small>		11:30-1:00pm		11:30-1:00pm 6:45-7:45pm			
Open Swim Parent & Tot <small>(Leisure Pool)</small>	9:00-10:30am		9:00-10:30am		9:00-10:30am	11:30-1:00pm	
Open Swim 18+ <small>(1/2 Big & Leisure Pool)</small>	10:30-11:30am	8:00-9:00pm	10:30-11:30am	8:00-9:00pm	10:30-11:30am		
Open Swim 55+ <small>(1/2 Big & Leisure Pool)</small>	7:45-9:00am		7:45-9:00am		7:45-9:00am		
Length Swim	6:30-1:45pm 7:15-9:00pm	9:00-1:00pm 6:45-9:00pm	6:30-1:45pm 7:15-9:00pm	9:00-1:00pm 6:45-9:00pm	6:30-1:45pm	11:30-2:30pm	11:30-2:30pm
Water Fit	1:00-1:45pm 7:15-8:00pm	10:45-11:30am	1:00-1:45pm 7:15-8:00pm	10:45-11:30am	1:00-1:45pm	8:00-8:45am	

**NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)
Open Adapted Swim September 8, 2022 is cancelled due to training**

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.