



Sir Wilfrid Laurier Recreation Center
60 Albright Rd. Hamilton
905-546-4853

SWIM SCHEDULE –January 9, 2023 – April 2, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 55+	9:30-10:45 am		9:30-10:45 am		9:30-10:45 am		
Water fit	11:00-11:45 am		11:00-11:45 am		11:00-11:45 am		
Open Swim18+						12:00-1:00 pm	
Open Swim	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm		
Open Swim Free						1:00-3:00 pm	
Lengths	12:00-1:00 pm 2 lanes	11:00-12:00 pm 12:00-1:00 pm 2 lanes	12:00-1:00 pm 2 lanes	11:00-12:00 pm 12:00-1:00 pm 2 lanes	12:00-1:00 pm 2 lanes	12:00-1:00 pm 2 lanes	

NOTES: Centre will be closed Monday February 20, 2023

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.