



Name: Westmount Recreation Centre, 35 Lynbrook Dr.
Address: 35 Lynbrook Drive
Phone: 905-546-4932
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For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – January 8, 2024 to March 31, 2024

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

NOTES: Centre will be Open for modified program schedule on Monday February 19, 2024 (Family Day)

Centre will be closed on Friday March 29, 2024 (Good Friday)

For information on swim admission criteria and supervision requirements: www.hamilton.ca/swimmetiquette