


POOL SCHEDULE								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Closed	Community Rental † 6:00-7:30	Community Rental † 6:00-7:30	Community Rental † 6:00-7:30	Closed			
6:30 AM								
7:00 AM								
7:30 AM	Lane Swim 7:30-9:30	Closed	Lane Swim 7:30-9:30	Lane Swim 7:30-1:00		Lane Swim 8:00-9:00	Lane Swim 8:00-12:00	
8:00 AM								
8:30 AM		Hydrotherapy (one lane) 8:30-9:15						
9:00 AM		Closed						
9:30 AM	Closed	Lane Swim 9:45-10:45	Closed			Swim Lessons (Reg) 9:00-11:00		Lane Swim 8:00-12:00
10:00 AM	Aquafit 10:00-10:45	Aquafit 10:00-10:45	Lane Swim 7:30-1:00					
10:30 AM	Closed	Closed						
11:00 AM	Lane Swim 11:00-1:00	Lane Swim 11:00-1:00	Lane Swim 11:00-12:00			Closed	Teen & Adult Lessons (Reg) 11:00-12:00	Lane Swim 8:00-12:00
11:30 AM								
12 Noon								
12:30 PM								
1:00 PM	Closed 1:00-3:45	Closed 1:00-3:45	Closed 12:00-3:45	Closed 1:00-3:45			Open Swim (1 lane) 12:15-2:00	Open Swim (1 lane) 12:15-3:30
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Open Swim (1 lane) 3:45-5:00	Lane Swim 3:45-5:30	Open Swim (1 lane) 3:45-5:30	Lane Swim 3:45-5:00	Open Swim (1 lane) 3:45-6:30		Lane Swim 2:00-5:00	
4:00 PM								
4:30 PM								
5:00 PM	Community Rental 5:00-8:00	Community Rental 5:30-7:30	Community Rental 5:30-7:30	Community Rental 5:00-8:00	Open Swim (1 lane) 3:45-6:30	Closed		
5:30 PM								
6:00 PM								
6:30 PM		Open Swim (1 lane) 7:30-9:00	Community Rental 5:30-7:30		Community Rental 5:00-8:00		Community Rental 6:30-8:00	
7:00 PM								
7:30 PM								
8:00 PM	Lane Swim 8:00-9:00	Open Swim (1 lane) 7:30-9:00	Lane Swim 7:30-9:00	Open Swim (1 lane) 8:00-9:00	Lane Swim 8:00-9:00			
8:30 PM								
9:00 PM							Closed	Closed



Hamilton Burlington Brantford

Updated: April 8, 2024

Group Fitness  
13+ years of age

Adult Drop-in Swims  
13+ years of age

All-ages Drop-in Swims  
Aquatics Admissions Criteria apply

Community Rental  
see Membership Desk for details

† Community Rental - provides own lifeguard

Registered Instructional Program  
see Membership Desk for details