



Hamilton



Summer

Bennetto Community Centre, 450 Hughson St N./905-546-4944

NOTES: Closed on July 1, 2023 (Canada Day) and August 7, 2023 (Civic Holiday) and Sept 4, 2023 (Labour Day)

**Cool Off with Bennetto's Summer Programs!
SUMMER Drop-in Programs (Starting June 26, 2023):
Swimming Lessons in Late July and August still available!**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>Open Swims:</u> (18+) 9:45-10:45am (Open) 1:15-2:45pm (Family) 5:30-7:00pm (Open) 7:00-8:30pm	<u>Open Swims:</u> (18+) 9:45-10:45am (Open) 1:15-2:45pm (Open) 6:45-8:30pm*	<u>Open Swims:</u> (18+) 10:30-11:30am (Open) 1:15-2:45pm (Open) 6:45-8:30pm*	<u>Open Swims:</u> (18+) 9:45-10:45am (Open) 1:15-2:45pm (Open) 6:45-8:30pm*	<u>Open Swims:</u> (18+) 9:45-10:45am (Open) 1:15-2:45pm (Family) 5:30-7:00pm <u>(Open- FREE)</u> 7:00-8:30pm	<u>Open Swims:</u> (18+) 10:30-11:30am (Open) 1:15-2:45pm
<u>Open Gym:</u> (13-17 yrs) 7:00-8:30 pm	<u>Open Gym:</u> (Parent & Tot) 10:30-12:00pm	<u>Open Gym:</u> (13-17 yrs) 7:00-8:30 pm	<u>Open Gym:</u> (Parent & Tot) 10:30-12:00pm (Family) 5:00-6:30pm	<u>Open Gyms:</u> (9-12 yrs) 5:15-6:45 pm (Family) 7:00-8:30 pm	<u>Open Gyms:</u> <u>(Family - FREE)</u> 12:00-1:30pm
<u>Water Fit:</u> 10:45-11:30am	<u>Lengths:</u> 12:00-1:00pm 6:45-8:30pm* *2 Lanes Only	<u>Water Fit:</u> 9:45-10:30am	<u>Pickleball:(18+)</u> 12:30-2:30 pm (18+) 6:45-8:45pm	<u>Water Fit:</u> 10:45-11:30am	
<u>Lengths:</u> 11:45-1:00pm		<u>Lengths:</u> 11:45-1:00pm 8:30-9:30 pm *2 Lanes Only	<u>Lengths:</u> 12:00-1:00pm 6:45-8:30pm* *2 Lanes Only	<u>Lengths:</u> 11:45-1:00pm	<u>Lengths:</u> 11:45-1:00pm
<u>*Cardio Balance & Strength(55+)</u> 10-11 am \$2.37 per visit				<u>*Cardio Balance & Strength(55+)</u> 10-11 am \$2.37 per visit	
<u>*Chair Fit(55+)</u> 11-12 pm \$2.37 per visit				<u>*Chair Fit(55+)</u> 11-12 pm \$2.37 per visit	

For all our drop-in programs please check on-line at: www.hamilton.ca/recreation

SWIM SCHEDULE – June 26, 2023 – Sept 3, 2023

<u>PROGRAM</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Open Swim 18+	9:45-10:45 am	9:45-10:45 am	10:30-11:30 am	9:45-10:45 am	9:45-10:45 am	10:30-11:30
Open Swim	1:15/2:45 7:00-8:30	1:15-2:45 6:45-8:30	1:15-2:45 pm 6:45-8:30	1:15-2:45 pm 6:45-8:30 pm*	1:15-2:45 pm 7:00-8:30 pm FREE	1:15-2:45 pm
Open Swim (Family)	5:30-7:00				5:30-7:00	
Length Swim	11:45 am-1:00 pm	12-1:00 6:45-8:30	11:45 -1:00 6:45-8:30	12:00-1:00 pm 6:45-8:30 pm*	11:45 am-1:00 pm	11:45 am-1:00 pm
Water Fit	10:45-11:30 am		9:45-10:30 am		10:45-11:30 am	

OUTDOOR SWIMMING & WADING POOLS:

OPEN – JUNE 30TH, 2023 for details & locations visit:

<https://www.hamilton.ca/things-do/recreation/locations/outdoor-wading-pools>