

# Recreational Swim Times

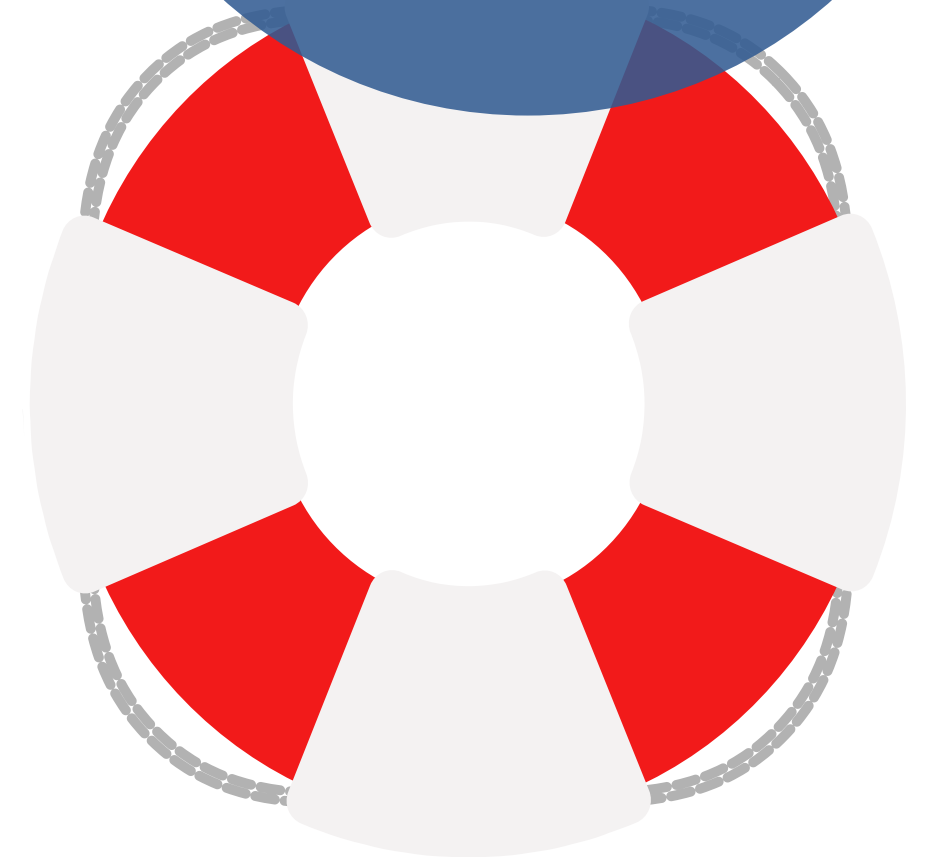
All recreational swims are open to McMaster students and recreation members only. We encourage all member of the McMaster community to use the pool

<b>Monday</b>	7:30am-8:30am 8:30am-9:30am 11:30am-1:30pm 4:30pm-5:30pm 8pm-10pm	Shallow End Lengths Womens Only Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
<b>Tuesday</b>	7:30am-8:30am 11:30am-1:30pm 4:30pm-5:30pm 8:30pm-10pm	Long Course Lengths Long Course Lengths Long Course Lengths (2 lanes) Deep End Lengths
<b>Wednesday</b>	7:30am-8:30am 8:30am-9:30am 11:30am-1:30pm 4:30pm-5:30pm 10pm-11:45pm	Shallow End Lengths Shallow End Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
<b>Thursday</b>	7:30am-8:30am 11:30am-1:30pm 4:30pm-5:30pm 10:30pm-11:45pm	Long Course Lengths Long Course Lengths Long Course Lengths (2 lanes) Deep End Lengths
<b>Friday</b>	7:30am-8:30am 8:30am-9:30am 11:30am-1:30pm 4:30pm-5:30pm 8pm-10pm	Shallow End Lengths Trans Friendly Swim Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
<b>Sunday</b>	8pm-10pm	Deep End Lengths

**Schedule in Effect**  
December 3, 2022  
to April 28th, 2023

**Closed**  
December 24, 2022  
to January 3, 2023

**The Drop-in  
Recreation Swim  
schedule is subject  
to cancellation due  
to special events**



Email [mcmasterpool@gmail.com](mailto:mcmasterpool@gmail.com) to be added to the cancellation list or download the **McMaster Recreation App** for up to date weekly schedules



**McMASTER**  
AQUATICS