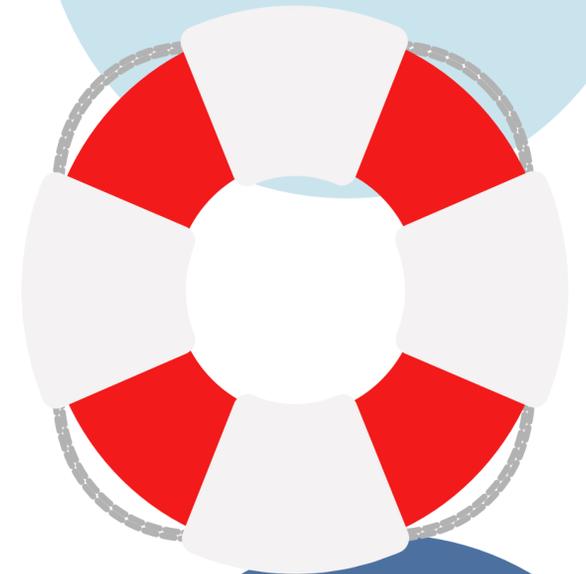


Recreational Swim Times

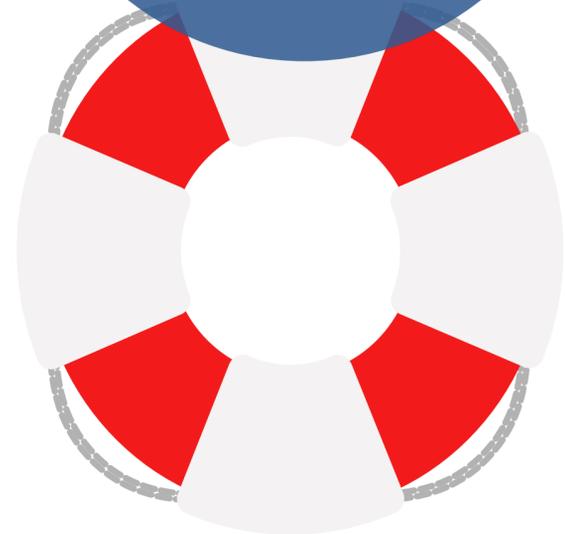
All recreational swims are open to McMaster students and recreation members only. We encourage all members of the McMaster community to use the pool.

Schedule in Effect:
January 6th - April 17th
2025

Monday	7:30am - 8:30am 8:30am - 9:30am 11:30am - 1:30pm 4:30pm - 5:30pm 10:30pm - 12am	Shallow End Lengths Women's Only Shallow End Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
Tuesday	7:30am - 9:30am 11:30am - 1:30pm 4:30pm - 5:30pm 10pm - 12am	Long Course Lengths Long Course Lengths Long Course (2 Lanes) Deep End Lengths
Wednesday	7:30am - 9:30am 11:30am - 1:30pm 4:30pm - 5:30pm 10:30pm - 12am	Shallow End Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
Thursday	7:30am - 9:30am 11:30am - 1:30pm 4:30pm - 5:30pm. 10:30pm - 12am	Long Course Lengths Long Course Lengths Long Course (2 Lanes) Shallow End Lengths
Friday	7:30am - 9:30am 11:30am - 1:30pm 4:30pm - 5:30pm 10:00pm - 12am	Shallow Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
Sunday	8pm-10pm	Deep End Lengths



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



Email mcmasterpool@gmail.com to be added to the cancellation list or download the **McMaster Recreation App** for up to date weekly schedules



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