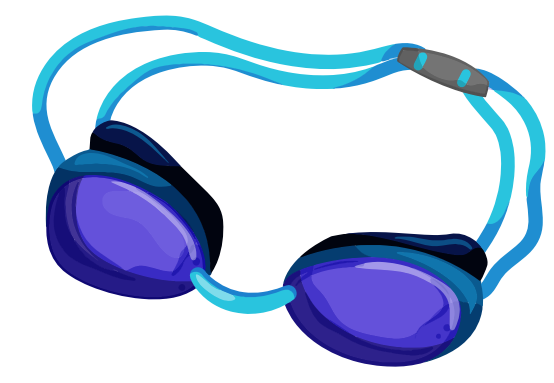




SWIM SCHEDULES

June 29 - August 30, 2026

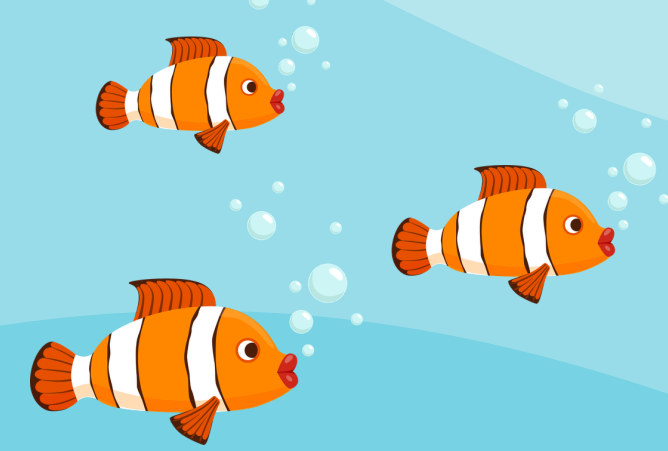


Allan F. Gretsinger Pool - 4361 Central Ave, Beamsville 905-563-2799 ext 421

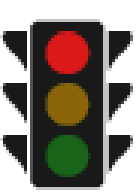
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lane Swim 7 - 7:55am	Splash & Chat 7 - 7:55am	Lane Swim 7 - 7:55am	Splash & Chat 7- 7:55am	Water Fitness 7am - 7:55am	Drop In Lessons 10 - 10:30am 10:30 - 11am
Older Adult Swim 11:15am-12:10pm	Older Adult Swim 11:15am-12:10pm	Older Adult Swim 11:15am-12:10pm	Older Adult Swim 11:15am-12:10pm	Older Adult Swim 11:15am-12:10pm	Older Adult Swim 11 - 11:55am
Lane Swim 11:15am-12:10pm	Lane Swim 11:15am-12:10pm	Lane Swim 11:15am-12:10pm	Lane Swim 11:15am-12:10pm	Lane Swim 11:15am-12:10pm	Leisure Swim 1 - 4:55 pm
Leisure Swim 2 - 4:25pm	Leisure Swim 2- 4:25 pm 8 - 8:55pm	Leisure Swim 2 - 4:25pm 8 - 8:55 pm	Leisure Swim 2 - 4:25pm 8 - 8:55pm	Leisure Swim 2 - 4:25 pm	
 7 - 8:55 pm	Lane Swim 7 - 7:55pm	Water Fitness 7 - 7:55pm	Lane Swim 7 - 7:55pm	Girls Night Out 7 - 7:55pm	
	Adult/Teen Drop in Lesson 7 - 7:45pm		Older Adult Swim 7 - 7:55pm	Youth Swim 8 - 8:55pm	

Jordan Lions Pool - 4th Ave Jordan 905-563-2799 ext 431

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
Leisure Swim 2:30 - 4:55pm	Leisure Swim 2:30 - 4:55pm	Leisure Swim 2:30 - 4:55pm	Leisure Swim 2:30 - 4:55pm	Leisure Swim 1 - 4:55pm



ADMISSION & SUPERVISION STANDARDS



RED

All children under the age of 10 entering the facility or children who **do not pass** the facility swim test **must** be accompanied in the water by a parent or guardian who is at least 15 years of age.

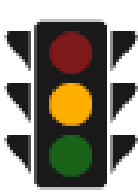
Direct Supervision Ratios:

0 - 6 years of age - 2:1
(2 children per 1 adult)

7- 10 years of age 4:1
(4 children per 1 adult)

Must remain in the Shallow End of the Pool

Children are required to wear a red wrist band.



YELLOW

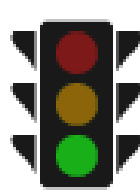
Children 0-6 years of age that **pass** the facility swim test **must** be accompanied in the water by a parent or guardian who is at least 15 year of age.

Direct Supervision Ratios:

0 - 6 years of age - 2:1
(2 children per 1 adult)

Permitted in the Middle/ Deep End

Children are required to wear a yellow wrist band.



GREEN

Children 7 years of age and over who pass the facility swim test may be admitted unaccompanied.

Permitted in the Middle/ Deep End

Children are required to wear a green wrist band.



SWIM TEST

Swimming a minimum of two widths on front continuously using a lifesaving stroke, show ability to take breaths and without feet touching the bottom on the pool at any time.

Swim Entry Fees

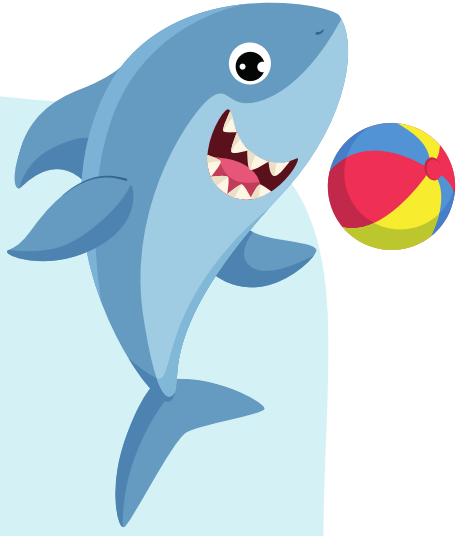
- Child (0 - 2) Free
- Child 3 - 13 - \$3.50
- Youth 14 - 17 - \$4.00
- Adult 18+ - \$4.50
- Older Adult 55+ - \$3.50
- Family - \$12

Drop in Lesson Fees

- Child - \$7 per lesson
- Teen/Adult/Older Adult - \$9.25 per lesson

Water Fitness

Adult/Older Adult \$7.75



Private Pool Rentals Available on Weekends!

TOONIE SWIMS

Join us for \$2 Leisure Swims at the Pools

Allan F. Grestinger Pool

- June 13 - 1 - 4:55pm
- June 24 - 8 - 8:55pm
- July 3 - 2 - 4:25pm
- July 19 - 1 - 4:55pm
- August 11- 2 - 4:25pm
- August 20 - 3 - 4:25pm
- September 2 - 8 - 8:55pm

Jordan Lions Pool

- June 27 - 1 - 4:55pm
- July 13 - 2:30 - 4:55pm
- July 29 - 2:30 - 4:55pm
- August 8 - 1 - 4:55pm
- August 19 - 2:30 - 4:55pm
- September 3 - 1 - 4:55pm



play LINCOLN

Register now!
lincoln.ca

WHEN HEAT WARNINGS ARE ISSUED SWIMS ARE \$1

play LINCOLN RESTRICTIONS MAY APPLY. CHECK WITH STAFF AT THE POOL FOR MORE DETAILS Lincoln



Schedule Adjustments Allan F. Grestinger Pool

- July 1 - 1pm Leisure Swim start time, No Water Fitness
- July 25 - Morning programs cancelled, 2pm Leisure Swim start time
- July 29 - Evening programs after 7pm cancelled
- August 3 - 1pm Leisure Swim start time
- August 17 - 21 - 3:15pm Leisure swim start time

Jordan Lions Pool

- July 1 & August 3 - 1pm Leisure Swim start time

Purchase a Season Pass & Clip Card at the pool or online by logging into your PlayLincoln Account
lincoln.ca



For more information on programs or private pool rentals email recreation@lincoln.ca or call 905-563-2799 ext 319

Swim Schedule is subject to change.

Visit lincoln.ca for the most up to date pool schedule. Pre-registration is recommended for all swim programs.

Play Along

Experience recreation programs & services, community events, parks, greenspaces and facilities.

@PlayLincolnON

