

**HAC Swim School**  
**January 2026**

Boys and Girls Club Address: 45 Ellis Ave Hamilton ON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	
				OFF		OFF	
4	5	6	7	8	9	10	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Freestyle Silver:Freestyle Bronze:Backstroke
11	12	13	14	15	16	17	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Backstroke Silver:Backstroke Bronze:Freestyle
18	19	20	21	22	23	24	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Breaststroke Silver:Breaststroke Bronze: Backstroke
25	26	27	28	29	30	31	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Butterfly Silver: Butterfly Bronze: Freestyle
							