



Hamilton

**Valley Park Community Centre, 970 Paramount Drive
905-546-2424 Ext 1114**

SWIM SCHEDULE – September 6, 2022 to December 24, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	6:30-8:45am 12:00-1:30pm 8:30-9:15pm	12:00-1:30pm 8:30-9:15pm	6:30-8:45am 12:00-1:30pm 8:30-9:15pm	12:00-1:30pm 8:30-9:15pm	6:30-8:45am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
Open Swim <small>*Shared with Length Swim (Small Pool)</small>	6:30-8:45am 12:00-1:30pm	12:00-1:30pm	6:30-8:45am 12:00-1:30pm	12:00-1:30pm	6:30-8:45am 12:00-1:30pm		
Open Swim - Adapted	9-9:45am				1:45-2:30pm		
Open Swim Parent & Tot	9:45-10:45am		9:45-10:45am		9:45-10:45am		
Water Fit - Parent & Tot			9:45-10:30am		9:45-10:30am		
Open Swim 55+		10:00-10:45am		10:00-10:45am			
Open Swim	7:15-8:15pm		6:30-7:30pm		7:00-8:00pm	1:45-3:30pm	1:45-3:30pm
Open Swim 18+ <small>*Shared with Length Swim</small>	8:30-9:15pm	8:30-9:15pm	8:30-9:15pm	8:30-9:15pm		12:00-1:30pm	12:00-1:30pm
Water Fit	11:00-11:45am	11:00-11:45am 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45am 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)

SUPERVISION REQUIREMENTS

AGE OF CHILD	RATIO WITHOUT LIFEJACKETS	RATIO WITH LIFEJACKETS
0 – 5 YEARS	1:2	
6 – 9 YEARS	1:4	1:8

SWIM ADMISSION CRITERIA

All non-swimmers must remain in the shallow end.

- Children 0-5 years of age must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 years of age who cannot pass the Facility Swim Test, must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 who can pass the Facility Swim Test may be admitted without a parent or guardian

A guardian is defined as an individual at least 12 years of age or older who is responsible for the direct supervision of children within their care.