



**Name: Valley Park Community Centre**  
**Address: 970 Paramount Drive**  
**Phone: 905-546-2424 Ext 1114**  
**Email: recreation@hamilton.ca**

**For real time program info:**  
[hamilton.ca/swimming](http://hamilton.ca/swimming)



## SWIMMING SCHEDULE – January 8, 2024 to March 31, 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Length Swim</b>	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Open Swim</b> *Shared with Length Swim (Small Pool)	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm		
<b>Open Swim - Adapted</b>	9-9:45am				1:45-2:30pm		
<b>Open Swim Parent &amp; Tot</b>	9:45-10:45am		9:45-10:45am		9:45-10:45am		
<b>Open Swim 55+</b>		10:00-11:00am		10:00-11:00am			
<b>Open Swim</b>	7:15-8:15pm		4:30-5:30pm		4:30-5:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> *Shared with Length Swim	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		12:00-1:30pm	12:00-1:30pm
<b>Water Fit</b>	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 Open for modified program schedule Monday February 19, 2024 (Family Day)**

**\*Please see March Break Schedule for programming during March Break (March 11-15, 2024)**

**\*Centre will be closed on Friday March 29, 2024 (Good Friday)**

For information on swim admission criteria and supervision requirements:

[www.hamilton.ca/swimmetiquette](http://www.hamilton.ca/swimmetiquette)

