



**Name: Dalewood Recreation Centre**  
**Address: 1152 Main Street W**  
**Phone: 905-546-3747**

**For real time program info:**  
 hamilton.ca/swimming



<b>SWIMMING SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025</b>							
<b>PROGRAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Open Swim 18+</b>	11:00 – 12:00pm 8:15 – 9:15pm (3 lanes)	11:00 – 12:00pm 8:15 – 9:15pm (3 lanes)	11:00 – 12:00pm	11:00 – 12:00pm		1:00 – 2:00pm	
<b>Open Swim 55+</b>		9:45 – 10:45am		9:45 – 10:45am			
<b>Open Swim</b>		<b>7:15 – 8:15pm FREE</b>			<b>4:30 – 6:00pm FREE</b>	2:00 – 3:30pm	
<b>Length Swim</b>	9:15 – 10:45am 8:15 – 9:15pm (2 lanes)	8:15 – 9:15pm (2 lanes)	9:15 – 10:45am 6:00 – 7:00pm		7:15 – 8:30pm	11:45 – 12:45pm	
<b>Family Swim</b>					6:00 – 7:00pm		
<b>Open Swim- Women’s Only</b>			4:30 – 5:45pm				

**NOTES: Centre will be Closed on February 17, 2025 (Family Day)**  
**Centre will be on a modified schedule From March 10-16, 2025 (March Break)**

For information on swim admission criteria and supervision requirements:  
<https://www.hamilton.ca/things-to-do/recreation/customer-service/swimming-policies-guidelines>