



Name: Valley Park Community Centre
Address: 970 Paramount Drive
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	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
Open Swim <small>*Shared with the Length Swim (Small Pool)</small>	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		
Open Swim-Adapted	9:00-9:45am				1:45-2:30pm		
Open Swim Parent & Tot	9:45-10:45am		9:45-10:45am		9:45-10:45am		
Open Swim 55+		10:00-11:00am		10:00-11:00am			
Open Swim	7:15-8:15pm		4:30-5:30pm		4:30-5:30pm	1:45-3:30pm	1:45-3:30pm
Open Swim 18+ <small>*Shared with Length Swim</small>	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		12:00-1:30pm	12:00-1:30pm
Water Fit	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

NOTES: Centre will be on a modified schedule 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-do/recreation/customer-service/swimming-policies-guidelines>