



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

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE - SPRING 2025 – April 7, 2025 – June 29, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	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	
Open Swim 55+		9:45 – 10:45am		9:45 – 10:45am			
Open Swim		7:15 – 8:15pm FREE			4:30 – 6:00pm FREE	2:00 – 3:30pm	
Length Swim	9:15 – 10:45am 8:15 – 9:15pm (2 lanes)	8:15 – 9:15pm (2 lanes)	9:15 – 10:45am 5:45 – 7:00pm		7:15 – 8:30pm	11:45 – 12:45pm	
Family Swim					6:00 – 7:00pm		
Open Swim-Women's Only			4:30 – 5:30pm				

NOTES: Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)

For information on swim admission criteria and supervision requirements:

<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>