



Name: Hill Park Recreation Centre
Address: 305 South Bend Rd. E.
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



NOTES: Centre will be Closed July 1, 2025 (Canada Day) and August 4, 2025 (Civic Holiday)

SWIMMING SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+ (*Shared w/ lengths)	11:15-1:30pm*	11:15-1:30pm* 8:00-9:00pm*	11:15-1:30pm* 8:00-9:00pm*	11:15-1:30pm*	11:15-1:30pm*	12:00-1:00pm*	
Lengths (*Shared w/ Open Swim)	7:30-8:30am* 11:15-1:30pm* 6:45-7:45pm*	7:30-8:30am* 11:15-1:30pm* 6:45-7:45pm* 8:00-9:00pm*	7:30-8:30am* 11:15-1:30pm* 6:45-7:45pm* 8:00-9:00pm*	7:30-8:30am* 11:15-1:30pm*	11:15-1:30pm*	12:00-1:00pm*	
Open Swim (*Shared w/ lengths)	7:30-8:30am* 1:45-2:45pm 6:45-7:45pm*	7:30-8:30am* 1:45-2:45pm 6:45-7:45pm*	7:30-8:30am* 1:45-2:45pm 6:45-7:45pm*	7:30-8:30am* 1:45-2:45pm	1:45-2:45pm 6:45-7:45pm FREE	1:15-3:00pm	
Waterfit	8:45-9:30am 8:00-8:45pm	8:45-9:30am	8:45-9:30am	8:45-9:30am			
Open Swim - Women's Only				7:00-8:00pm			
Waterfit – Women's Only				8:00-8:45pm			

For information on swim admission criteria and supervision requirements:

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