



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

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	6:30-8:30am 12:00-1:00pm 8:30-9:30pm	12:00-1:00pm	6:30-8:30am 12:00-1:00pm 8:30-9:30pm	12:00-1:00pm	6:30-8:30am 12:00-1:00pm	12:00-1:30pm	12:00-1:30pm
Open Swim *Shared with the Length Swim (Small Pool)	6:30-8:30am		6:30-8:30am		6:30-8:30am		
Open Swim-Adapted			2:30-3:30pm		1:15-2:15pm		
Open Swim	1:15-2:15pm 7:15-8:15pm	7:15-8:15pm	1:15-2:15pm 7:15-8:15pm	7:15-8:15pm	7:15-8:15pm	1:45-3:30pm	1:45-3:30pm
Open Swim 18+ *Shared with Length Swim	12:00-1:00pm 8:30-9:30pm	12:00-1:00pm	12:00-1:00pm 8:30-9:30pm	12:00-1:00pm	12:00-1:00pm	12:00-1:30pm	12:00-1:30pm
Water Fit	11:00-11:45am	11:00-11:45 1:45-2:30pm 8:15-9:00pm	11:00-11:45am	11:00-11:45am 1:45-2:30pm 8:15-9:00pm	11:00-11:45am		

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

For information on swim admission criteria and supervision requirements:

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