



Centre Name: Dalewood Recreation Centre
Address: 1152 Main Street West
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
Open Swim 18+	11:00-12:00pm	11:00-12:00pm 7:30-8:30pm - (3 lanes)	11:00-12:00pm	11:00-12:00pm 7:30-8:30pm - (3 lanes)	11:00-12:00pm		
Lengths	12:15-1:30pm 6:15-7:30pm	12:15-1:30pm 7:30-8:30pm – (2 lanes)	12:15-1:30pm 6:15-7:30pm	12:15-1:30pm 7:30-8:30pm – (2 lanes)	12:15-1:30pm 7:15-8:30pm		
Open Swim	4:30-6:00pm	1:45-3:00pm		1:45-3:00pm	4:30-5:45pm FREE		
Family Swim					6:00-7:00pm		
Open Swim – Women’s Only			4:30-6:00pm				

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>