



**Dalewood Recreation Centre**  
**1152 Main Street West**  
**905-546-3747**

**For real time program info:**  
[hamilton.ca/swimming](https://hamilton.ca/swimming)



SWIMMING SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	11:00-12:00pm 8:15-9:15pm	11:00-12:00pm 8:15-9:15pm	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 <b>FREE</b>			4:30-6:30pm <b>FREE</b>	2:00-3:00pm	
Length Swim	9:15-10:45am 8:15-9:15pm (2 lanes)	8:15-9:15pm (2 lanes)	9:15-10:45am 4:30-6:15pm		6:45-8:30pm	11:45-12:45pm	
Open Swim- Women's Only			7:15-9:00pm				

**NOTES: Centre will be Closed September 20 and October 13, 2025 (Thanksgiving).**

For information on swim admission criteria and supervision requirements:

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