



**Dundas Community Pool**  
**39 Market Street South**  
**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
Lengths	11:15-12:45pm 8:00-9:00pm (3 Lanes)	7:00-8:45am 11:00am-12:45pm (3 Lanes) 8:00-9:00pm (3 Lanes)	11:15am-12:45pm	7:00-8:45am 11:00-12:45pm (3 Lanes) 8:00-9:00pm (3 Lanes)	11:15-12:45pm  7:00-8:00pm	3:00-4:00pm	
Open Swim 18+	8:00-9:00pm (3 Lanes)	11:00am-12:45pm (3 Lanes) 8:00-9:00pm (3 Lanes)		11:00-12:45pm (3 Lanes) 8:00-9:00pm (3 Lanes)		12:30-1:30pm	
Water Fit	7:15-8:00pm	10:15-11:00am	1:00-1:45pm	10:15-11:00am 7:15-8:00pm	1:00-1:45pm		
Open Swim 55+	9:00–10:00am 10:00–11:00 am (2 Lanes)	9:00-10:00am	9:00-11:00am	9:00-10:00am	9:00-11:00am		
Open Swim – Parent and Tot	10:00–11:00am (4 Lanes)						
Open Swim		6:45-7:45pm FREE			5:30-6:45pm FREE	1:30-2:45pm	12:45-2:00pm

**NOTES: Centre will be Closed 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>