



Hill Park Recreation Centre
305 South Bend Rd. E.
905-546-3747

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+ (Shared w/ lengths)	8:00-9:45am 7:30-9:00pm		8:00-9:45am 8:15-9:15pm			12:00-1:30pm	
Lengths (Shared w/ Open Swim)	8:00-9:30am 7:30-9:00pm		8:00-9:30am 8:15-9:15pm			12:00-1:30pm	
Open Swim						1:30-3:00pm FREE	
Waterfit	9:45-10:30am		9:45-10:30am				
Open Swim - Women's Only				7:00-8:00pm			
Waterfit – Women's Only				8:00-8:45pm			

NOTES: Centre will be closed October 13 (Thanksgiving)

For information on swim admission criteria and supervision requirements:

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