



Valley Park Community Centre  
970 Paramount Drive  
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
<b>Length Swim</b>	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Open Swim</b> *Shared with the Length Swim (Small Pool)	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm		
<b>Open Swim-Adapted</b>	9:00-9:45am				1:45-2:30pm		
<b>Open Swim Parent &amp; Tot</b>	9:45-10:45am		9:45-10:45am		9:45-10:45am		
<b>Open Swim 55+</b>		10:00-11:00am		10:00-11:00am			
<b>Open Swim</b>	7:15-8:15pm		4:30-5:30pm		4:30-5:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> *Shared with Length Swim	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		12:00-1:30pm	12:00-1:30pm
<b>Water Fit</b>	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

**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>