



**Hill Park Recreation Centre**  
**305 South Bend Rd. E.**  
**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
Waterfit	9:15-10:00am 7:00-7:45pm	10:45-11:30am	9:15-10:00am	10:45-11:30am			
Open Swim 55+		1:00-2:00pm		1:00-2:00pm			
Open Swim 18+ (*Shared with Length Swim)	10:30-12:45pm* 8:00-9:00pm*	11:45-12:45pm*	10:30-12:45pm* 8:30-9:30pm*	11:45-12:45pm*	10:30-12:45pm*	1:30-2:30pm*	12:15-1:00pm
Open Swim (*Shared with Lengths Swim)	7:45-9:15am*	7:30-9:15am* 9:45-10:45am	7:45-9:15am*	7:30-9:15am* 9:45-10:45am	1:00-2:00pm	2:45-4:00pm (FREE)	
Lengths Swim	7:45-9:00am 10:30-12:45pm 8:00-9:00pm	7:30-9:00am 11:45-12:45pm	7:45-9:00am 10:30-12:45pm 8:30-9:30pm	7:30-9:00am 11:45-12:45pm	10:30-12:45pm	1:30-2:30pm	1:15-2:15pm
Open Swim (Female Only)				7:15-8:15pm			
Waterfit (Female Only)				8:15-9:00pm			

**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>