



**Name: Valley Park Community Centre**  
**Address: 970 Paramount Drive**  
**Phone: 905-546-3747**

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



SWIMMING SCHEDULE – HOLIDAY 2025 – December 22, 2025 – January 4, 2026							
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		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		6:30-8:30am		6:30-8:30am		
<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					
<b>Open Swim</b>	6:15-8:15pm	9-10:00am 5:15-7:15pm	1:30-2:30pm		4:30-6:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> *Shared with Length Swim	12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	12:00-1:30pm		12:00-1:30pm	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		11:00-11:45am		

**NOTES: Centre will be Closed December 25, 2025 (Christmas), December 26, 2025 (Boxing Day) and January 1, 2026 (New Years Day).**  
**Centre will be closed at 4pm on December 24, 2025 and December 31, 2025**

For information on swim admission criteria and supervision requirements:

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