



**Dalewood Recreation Centre**  
**1152 Main Street West**  
**905-546-3747**

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



SWIMMING SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	11:00-12:00pm 8:15-9:15pm	11:00-12:00pm 8:15-9:15pm	11:00-12:00pm	11:00-12:00pm	4:30-5:30pm	1:00-2:00pm	
Open Swim 55+		9:45-10:45am		9:45-10:45am			
Open Swim		7:15-8:15pm <b>FREE</b>			5:30-6:45pm <b>FREE</b>	2:00-3:30pm	
Length Swim	9:15-10:45am 8:15-9:15pm (2 lanes)	12:15-1:30pm 8:15-9:15pm (2 lanes)	9:15-10:45am 4:30-6:15pm	12:15-1:30pm	7:00-8:30pm	11:45-12:45pm	
Open Swim-Women's Only			7:15-9:00pm (1 Lane)				

**NOTES: Centre will be Closed on February 16, 2026 (Family Day)**

**Centre will be on a modified schedule From March 14-22, 2026 (March Break)**

**Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)**

**For information on swim admission criteria and supervision requirements:**

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