



**Name:** Valley Park Community Centre  
**Address:** 970 Paramount Drive  
**Phone:**

**For real time program info scan  
the QR code or visit:  
hamilton.ca/DropIn**



<b>FAMILY DAY SCHEDULE (Monday February 16, 2026)</b>	
<b>SWIMMING</b>	<b>GYM</b>
<b>Lengths/ Open Swim 18+</b> 12:00-1:30pm	<b>Open Gym (17 &amp; under with adult)</b> 12:15-1:45pm
<b>Open Swim</b> 2:00-4:00pm	<b>Open Gym</b> 1:45-4:00pm

For information on swim admission criteria and supervision requirements:

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

