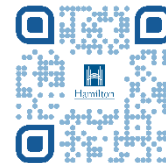




Name: Valley Park Community Centre
Address: 970 Paramount Drive
Phone:

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



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

