



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

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – MARCH BREAK 2026 – MARCH 16, 2026 – March 22, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	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 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
Open Swim <small>*Shared with Length Swim (Small Pool)</small>	6:30-8:30am		6:30-8:30am		6:30-8:30am		
Open Swim - Adapted	9:00-9:45am				1:45-2:30pm		
Open Swim Parent & Tot	9:45-10:45am		9:45-10:45am		9:45-10:45am		
Open Swim 55+		10:00-11:00am		10:00-11:00am			
Open Swim	7:15-8:15pm	5:15-7:15pm	4:30-6:30pm		4:30-6:30pm	1:45-3:30pm	1:45-3:30pm
Open Swim 18+ <small>*Shared with Length Swim</small>	12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	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
Water Fit	11:00-11:45am	11:00-11:45am 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45am 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

NOTES:

For information on swim admission criteria and supervision requirements:

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