



**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 – MARCH BREAK 2026 – MARCH 16, 2026 – March 22, 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 8:30-9:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Open Swim</b> <small>*Shared with Length Swim (Small Pool)</small>	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		10:00-11:00am			
<b>Open Swim</b>	7:15-8:15pm	5:15-7:15pm	4:30-6:30pm		4:30-6:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> <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	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Water Fit</b>	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	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>