



# Dalewood Recreation Centre

1152 Main Street West | 905-546-3747

## Swim Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:  
[www.hamilton.ca/swimming](http://www.hamilton.ca/swimming)

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Length Swim</b> 9:15– 10:45 am	<b>Open Swim 55+</b> 9:45-10:45am	<b>Length Swim</b> 9:15– 10:45 am	<b>Open Swim 55+</b> 9:45-10:45am	<b>Open Swim 18+</b> 4:30-5:30pm	<b>Length Swim</b> 11:45-12:45pm	--
2	<b>Open Swim 18+</b> 11:00-12:00pm	<b>Open Swim 18+</b> 11:00-12:00pm	<b>Open Swim 18+</b> 11:00-12:00pm	<b>Open Swim 18+</b> 11:00-12:00pm	<b>Open Swim (Free)</b> 5:30-6:45pm	<b>Open Swim 18+</b> 1:00-2:00pm	--
3	<b>Open Swim 18+</b> 8:15-9:15pm	<b>Length Swim</b> 12:15-1:30pm	<b>Length Swim</b> 4:30-6:15pm	<b>Length Swim</b> 12:15-1:30pm	<b>Length Swim</b> 7:00-8:30pm	<b>Open Swim</b> 2:00-3:30pm	--
4	<b>Length Swim (2 lanes)</b> 8:15-9:15pm	<b>Open Swim (Free)</b> 7:15-8:15pm	<b>Open Swim (Women's Only)</b> 7:15-9:00pm	--	--	--	--
5	--	<b>Open Swim 18+</b> 8:15-9:15pm	--	--	--	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	--	<b>Length Swim (2 lanes)</b> 8:15-9:15pm	--	--	--	--	--

**Notes:**

- Centre will be Closed Monday May 18, 2026 for Victoria Day.

For information on swim admission criteria and supervision requirements: <https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>.