



**Hill Park Recreation Centre**  
**Address: 305 South Bend Rd. E.**  
**Phone: 905-546-3747**

**For real time program info:**  
[hamilton.ca/swimming](http://hamilton.ca/swimming)



<b>SWIMMING SCHEDULE – Winter 2025 – January 5, 2026 – April 5, 2026</b>							
<b>PROGRAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Open Swim (*Shared pool)</b>	7:45-9:15am*	7:45-9:15am* 9:45-10:45am	7:45-9:15am*	7:45-9:15am* 9:45-10:45am		2:45-4:00pm FREE	
<b>Open Swim 18+ (*Shared pool)</b>	10:00-12:45pm* 8:15-9:30pm*	11:30-12:45pm*	10:00-12:45pm* 8:30-9:30pm*	11:30-12:45am*	10:00-12:45pm*	1:30-2:30pm*	12:15-1:00pm*
<b>Open Swim 55+</b>		1:00-2:00pm		1:00-2:00pm			
<b>Lengths (*Shared pool)</b>	7:45-9:00am* 10:15-12:45pm* 8:15-9:30pm*	7:45-9:00am* 11:45-12:45pm*	7:45-9:00am* 10:15-12:45pm* 8:30-9:30pm*	7:45-9:00am* 11:45-12:45pm*	10:15-12:45pm*	1:30-2:30pm*	1:15-2:15pm*
<b>Waterfit</b>	9:15-10:00am 7:15-8:00pm	10:45-11:30am	9:15-10:00am	10:45-11:30am	9:15-10:00am		
<b>Open Swim - Women’s Only</b>				7:15-8:15pm			
<b>Waterfit – Women’s Only</b>				8:15-9:00pm			

**NOTES: Centre will be closed February 16, 2026 (Family Day), April 3, 2026 (Good Friday), and April 6, 2026 (Easter Monday).**

For information on swim admission criteria and supervision requirements:

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