



**Valley Park Community Centre**  
**970 Paramount Drive**  
**905-546-3747**

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



<b>SWIMMING SCHEDULE – WINTER 2026 – 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>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 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Open Swim</b> *Shared with the Length Swim (Small Pool)	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm		
<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		4:30-5:30pm		4:30-5:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> *Shared with Length Swim	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		12:00-1:30pm	12:00-1:30pm
<b>Water Fit</b>	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

**NOTES: Centre will be Valley Park on a modified schedule on February 16, 2026 (Family Day)**  
**Centre will be on a modified schedule from March 14-22, 2026 (March Break)**  
**Centre will be closed on 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>