



# Dundas Community Pool

39 Market Street South | 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>Open Swim 55+</b> 9:00 am – 10:00 am	<b>Lengths</b> 7:00 am – 8:45 am	<b>Open Swim 55+</b> 9:00 am – 11:00 am	<b>Lengths</b> 7:00 am – 8:45 am	<b>Open Swim 55+</b> 9:00 am – 11:00 am	<b>Open Swim 18+</b> 12:30 am – 1:30 pm	<b>Lengths</b> 8:45 am – 10:00 am
2	<b>Open Swim 55+ (2 lanes)</b> 10:00 am – 11:00 am	<b>Open Swim 55+</b> 9:00 am – 10:00 am	<b>Lengths</b> 11:15 am – 12:45 pm	<b>Open Swim 55+</b> 9:00 am – 10:00 am	<b>Lengths</b> 11:15 am – 12:45 pm	<b>Open Swim</b> 1:30 am – 2:45 pm	<b>Open Swim</b> 12:45 pm – 2:00 pm
3	<b>Open Swim (Parent and Tot 4 lanes)</b> 10:00 am – 11:00 am	<b>Water Fit</b> 10:15 am – 11:00 am	<b>Water Fit</b> 1:00 pm – 1:45 pm	<b>Water Fit</b> 10:15 am – 11:00 am	<b>Water Fit</b> 1:00 pm – 1:45 pm	<b>Lengths</b> 3:00 pm – 4:00 pm	--
4	<b>Lengths</b> 11:15 am – 12:45 pm	<b>Open Swim 18+ (3 lanes)</b> 11:00 am – 12:45 pm	<b>Lengths</b> 8:00 pm – 9:00 pm	<b>Open Swim 18+ (3 lanes)</b> 11:00 am – 12:45 pm	<b>Family Swim (FREE)</b> 5:30 pm – 6:45 pm	--	--
5	<b>Water Fit</b> 7:15 pm – 8:00 pm	<b>Lengths (3 lanes)</b> 11:00 am – 12:45 pm	--	<b>Lengths (3 lanes)</b> 11:00 am – 12:45 pm	<b>Lengths</b> 7:00 pm – 8:00 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b>	<b>Open Swim 18+ (3 lanes)</b> 8:00 pm – 9:00 pm	<b>Open Swim (FREE)</b> 6:45 pm – 7:45 pm	--	<b>Water Fit</b> 7:15 pm – 8:00 pm	--	--	--
<b>7</b>	<b>Lengths (3 lanes)</b> 8:00 pm – 9:00 pm	<b>Open Swim 18+ (3 lanes)</b> 8:00 pm – 9:00 pm	--	<b>Open Swim 18+ (3 lanes)</b> 8:00 pm – 9:00 pm	--	--	--
<b>8</b>	--	<b>Lengths (3 lanes)</b> 8:00 pm – 9:00 pm	--	<b>Lengths (3 lanes)</b> 8:00 pm – 9:00 pm	--	--	--

**Notes:**

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- Lengths Swim on Sundays starts on April 19<sup>th</sup>, 2026

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