



Hill Park Recreation Center

305 South Bend Road East | 905-546-3747

Swim Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/swimming

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Length Swim (Shared) 7:45-9:00am	Length Swim (Shared) 7:45-9:00am	Length Swim (Shared) 7:45-9:00am	Length Swim (Shared) 7:45-9:00am	Length Swim (Shared) 7:45-9:00am	Length Swim (Shared) 1:30-2:30pm	Open Swim 18+ (Shared) 12:15-1:00pm
2	Open Swim (Shared) 7:45-9:15am	Open Swim (Shared) 7:45-9:15am	Open Swim (Shared) 7:45-9:15am	Open Swim (Shared) 7:45-9:15am	Open Swim (Shared) 7:45-9:15am	Open Swim 18+ (Shared) 1:30-2:30pm	Length Swim (Shared) 1:15-2:15pm
3	Waterfit 9:15-10:00am	Waterfit 9:15-10:00am	Waterfit 9:15-10:00am	Waterfit 9:15-10:00am	Waterfit 9:15-10:00am	Open Swim (Free) 2:45-4:00pm	--
4	Length Swim (Shared) 10:15-12:45pm	Open Swim 10:00-11:30am	Length Swim (Shared) 10:15-12:45pm	Open Swim 10:00-11:30am	Length Swim (Shared) 10:15-12:45pm	--	--
5	Open Swim 18+ (Shared) 10:00-12:45pm	Open Swim 18+ (Shared) 11:30-1:00pm	Open Swim 18+ (Shared) 10:00-12:45pm	Open Swim 18+ (Shared) 11:30-1:00pm	Open Swim 18+ (Shared) 10:00-12:45pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Open Swim 4:30-5:30pm	Length Swim (Shared) 11:45-12:45pm	Length Swim (Shared) 8:30-9:30pm	Length Swim (Shared) 11:45-12:45pm	--	--	--
7	Length Swim (Shared) 8:15-9:15pm	Open Swim 55+ 1:00-2:00pm	Open Swim 18+ (Shared) 8:30-9:30pm	Open Swim 55+ 1:00-2:00pm	--	--	--
8	Open Swim 18+ (Shared) 8:15-9:15pm	--	--	Open Swim (Women's Only) 7:15-8:15pm	--	--	--
9	--	--	--	Waterfit (Women's Only) 8:15-9:00pm	--	--	--

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-to-do/recreation/customer-service/swimming-policies-guidelines>.