

Dalewood Recreation Centre

1152 Main Street West | 905-546-3747



Indoor Schedule Summer 2026

June 29 – September 7, 2026

For the most current schedule information:
www.hamilton.ca/swimming

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Swim 18+ 11:00 am – 12:00 pm	Open Swim 18+ 11:00 am – 12:00 pm	Open Swim 18+ 11:00 am – 12:00 pm	Open Swim 18+ 11:00 am – 12:00 pm	Open Swim 18+ 11:00 am – 12:00 pm	Facility Closed	Facility Closed
2	Lengths 12:15 pm – 1:30 pm	Lengths 12:15 pm – 1:30 pm	Lengths 12:15 pm – 1:30 pm	Lengths 12:15 pm – 1:30 pm	Lengths 12:15 pm – 1:30 pm	Facility Closed	Facility Closed
3	Open Swim 4:30 pm – 6:00 pm	Open Swim FREE 1:45 pm – 3:00 pm	Lengths 4:30 pm – 6:00 pm	Open Swim 1:45 pm – 3:00 pm	Open Swim 18+ 4:30 pm – 5:30 pm	Facility Closed	Facility Closed
4	Lengths 6:15 pm – 7:30 pm	Open Swim 18+ 7:30 pm – 8:30 pm	Open Swim Women Only 7:00 pm – 8:00 pm	Open Swim 18+ 7:30 pm – 8:30 pm	Open Swim FREE 5:30 pm – 6:45 pm	Facility Closed	Facility Closed
5		Lengths (2 lanes) 7:30 pm – 8:30 pm		Lengths (2 lanes) 7:30 pm – 8:30 pm	Lengths 7:00 pm – 8:30 pm	Facility Closed	Facility Closed

Notes:

Dalewood Recreation Centre

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will be closed September 7, 2026 for Labour Day.

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