



Hill Park Recreation Center

305 South Bend Road East | 905-546-3747

Swim 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+ (Shared) 8:30 am – 9:45 am	Waterfit 9:45 am - 10:30 am	Open Swim 18+ (Shared) 8:30 am – 9:45 am	Waterfit 9:45 am - 10:30 am	Open Swim 18+ (Shared) 8:15 am – 9:30 am	--	--
2	Length Swim (Shared) 8:30 am – 9:30 am	--	Length Swim (Shared) 8:30 am – 9:30 am	Open Swim (Women's Only) 7:30- 8:15pm	Length Swim (Shared) 8:15 am – 9:15 am	--	--
3	Waterfit 9:45 am - 10:30 am	--	Waterfit 9:45 am - 10:30 am	Waterfit (Women's Only) 8:15-9:00pm	Waterfit 9:30 am - 10:15 am	--	--
4	Open Swim 18+ 11:00 am – 12:30 pm	--	Open Swim Free 7:15 – 8:15pm	--	--	--	--
5	Open Swim 18+ (Shared)	--	Open Swim 18+ (Shared)	--	--	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15 pm – 8:15 pm		8:15 pm – 9:15 pm				
6	Length Swim (Shared) 7:15 pm – 8:15m	--	Length Swim (Shared) 8:15 pm – 9:15 pm	--	--	--	--

Notes:

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