



# 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](http://www.hamilton.ca/swimming)

| Day/<br>Activity | Monday  | Tuesday                                  | Wednesday   | Thursday  | Friday  | Saturday | Sunday |
|------------------|---|--|---|---|---|----------|--------|
| 1                | <b>Open Swim<br/>18+ (Shared)</b><br>8:30 am –<br>9:45 am | <b>Waterfit</b><br>9:45 am -<br>10:30 am | <b>Open Swim<br/>18+ (Shared)</b><br>8:30 am –<br>9:45 am | <b>Waterfit</b><br>9:45 am -<br>10:30 am                      | <b>Open Swim<br/>18+ (Shared)</b><br>8:15 am –<br>9:30 am | --       | --     |
| 2                | <b>Length Swim<br/>(Shared)</b><br>8:30 am –<br>9:30 am   | --                                       | <b>Length Swim<br/>(Shared)</b><br>8:30 am –<br>9:30 am   | <b>Open Swim<br/>(Women's<br/>Only)</b><br>7:30 pm-<br>8:15pm | <b>Length Swim<br/>(Shared)</b><br>8:15 am –<br>9:15 am   | --       | --     |
| 3                | <b>Waterfit</b><br>9:45 am -<br>10:30 am                  | --                                       | <b>Waterfit</b><br>9:45 am -<br>10:30 am                  | <b>Waterfit<br/>(Women's<br/>Only)</b><br>8:15pm -<br>9:00pm  | <b>Waterfit</b><br>9:30 am -<br>10:15 am                  | --       | --     |
| 4                | <b>Open Swim<br/>18+ (Shared)</b><br>7:15 pm –<br>8:15 pm | --                                       | <b>Open Swim<br/>Free</b><br>7:15 pm –<br>8:15pm          | --  | --  | --       | --     |

| Day/<br>Activity | Monday  | Tuesday | Wednesday  | Thursday | Friday | Saturday | Sunday |
|------------------|---|---------|--|----------|--------|----------|--------|
| 5                | <b>Length Swim (Shared)</b><br>7:15 pm – 8:15pm | --      | <b>Open Swim 18+ (Shared)</b><br>8:15 pm – 9:15 pm | --       | --     | --       | --     |
| 6                | --  | --      | <b>Length Swim (Shared)</b><br>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-do/recreation/customer-service/swimming-policies-guidelines>.