



# Parkdale Outdoor Pool

1770 Main St. E | 905-546-3747

## Outdoor Swim Schedule Summer 2026

For the most current schedule information:  
[www.hamilton.ca/swimming](http://www.hamilton.ca/swimming)

June 26 – September 7, 2026

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm	<b>Open Swim</b> 12:30 pm – 02:00 pm
2	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm	<b>Open Swim</b> 02:15 pm – 03:45 pm
3	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm	<b>Open Swim 18+</b> 04:00 pm – 05:15 pm
4	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm	<b>Length Swim (3 Lanes)</b> 04:00 pm – 05:15 pm
5	<b>Open Swim</b> 05:30 pm – 07:00 pm	<b>Open Swim</b> 05:30 pm – 07:00 pm	<b>Free Open Swim</b> 05:30 pm – 07:00 pm	<b>Open Swim</b> 05:30 pm – 07:00 pm	<b>Free Open Swim</b> 05:30 pm – 07:00 pm	<b>Open Swim</b> 05:30 pm – 07:00 pm	<b>Open Swim</b> 05:30 pm – 07:00 pm

**Notes:**

- Outdoor Pool is open July 1 (Canada Day), August 3 (Civic Holiday), and September 7 (Labour Day) for regular programming

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