



Valley Park Community Centre

970 Paramount Drive | 905-546-3747

Swim Schedule Summer 2026

August 17th– September 7th, 2026

For the most current schedule information:

www.hamilton.ca/swimming

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Length Swim 6:30 am – 8:30 am	Waterfit 11:05 am – 11:50 am	Length Swim 6:30 am – 8:30 am	Waterfit 11:05 am – 11:50 am	Length Swim 6:30 am – 8:30 am	Length Swim 12:00 pm – 1:30 pm	Length Swim 12:00 pm – 1:30 pm
2	Open Swim 6:30 am – 8:30 am	Length Swim 12:00 pm – 1:00 pm	Open Swim 6:30 am – 8:30 am	Length Swim 12:00 pm – 1:00 pm	Open Swim 6:30 am – 8:30 am	Open Swim 18+ 12:00 pm – 1:30 pm	Open Swim 18+ 12:00 pm – 1:30 pm
3	Waterfit 11:05 am – 11:50 am	Open Swim 18+ 12:00 pm – 1:00 pm	Waterfit 11:05 am – 11:50 am	Open Swim 18+ 12:00 pm – 1:00 pm	Waterfit 11:05 am – 11:50 am	Open Swim (Slide open) 1:45 pm – 3:30 pm	Open Swim (Slide open) 1:45 pm – 3:30 pm
4	Length Swim 12:00 pm – 1:00 pm	Waterfit 1:45 pm – 2:30 pm	Length Swim 12:00 pm – 1:00 pm	Waterfit 1:45 pm – 2:30 pm	Length Swim 12:00 pm – 1:00 pm	--	--
5	Open Swim 18+ 12:00 pm – 1:00 pm	Open Swim (Slide open) 5:00-7:00pm	Open Swim 18+ 12:00 pm – 1:00 pm	Open Swim (Slide open) 5:00-7:00pm	Open Swim 18+ 12:00 pm – 1:00 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Open Swim (Slide open) 1:15 pm – 2:15 pm	Waterfit 7:15 pm – 8:00 pm	Open Swim (Slide open) 1:15 pm – 2:15 pm	Waterfit 7:15 pm – 8:00 pm	Open Swim Adapted 1:15 pm – 2:15 pm	--	--
7	Open Swim (Slide open) 5:00-7:00pm	--	Adaptive Swim 2:30 pm – 3:30 pm	--	Open Swim (Slide open) 5:00-7:00pm	--	--
8	Length Swim 7:15 am – 8:15 pm	--	Open Swim (Slide open) 5:00-7:00pm	--	--	--	--
9	Open Swim 18+ 7:15 am – 8:15 pm	--	Length Swim 7:15 am – 8:15 pm	--	--	--	--
10	--	--	Open Swim 18+ 7:15 am – 8:15 pm	--	--	--	--

Notes:

- As a thank you for the community's patience, all open and family swims for the week of Aug 17-23 will be free.
- On August 17th swim programs will begin at 11:00am.
- 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>.