



**Name:** Dalewood Recreation Centre  
**Address:** 1152 Main Street West  
**Phone:** 905-546-3747

**For real time program info:**  
[hamilton.ca/swimming](http://hamilton.ca/swimming)



SWIMMING SCHEDULE – SUMMER 2024 – July 2, 2024 – September 1, 2024							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	11:00-12:00pm	11:00-12:00pm 7:30-8:30pm* (3 lanes)	11:00-12:00pm	11:00-12:00pm 7:30-8:30pm* (3 lanes)	11:00-12:00pm	CLOSED	CLOSED
Open Swim	4:30-6:00pm		4:30-6:00pm *FREE*				
Length Swim	12:15-1:30pm 6:15-7:30pm	12:15-1:30pm 7:30-8:30pm* (2 lanes only)	12:15-1:30pm 6:15-7:30pm	12:15-1:30pm 7:30-8:30pm* (2 lanes only)	12:15-1:30pm		
Open Swim- Female Only					4:30-5:45pm		
Open Swim- Family					6:00-7:00pm		

**NOTES: Centre will be Closed July 1, 2024 (Canada Day), August 5, 2024 (Civic Holiday) and September 2, 2024 (Labour Day)**

For information on swim admission criteria and supervision requirements:

<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>