



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

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



**SWIMMING SCHEDULE – FALL 2024 – September 3, 2024 – December 22, 2024**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Swim 18+</b>	11:00 – 12:00pm 8:15 – 9:15pm (3 lanes)	11:00 – 12:00pm 8:15 – 9:15pm (3 lanes)	11:00 – 12:00pm	11:00 – 12:00pm		1:00 – 2:00pm	
<b>Open Swim 55+</b>		9:45 – 10:45am		9:45 – 10:45am			
<b>Open Swim</b>		<b>7:15 – 8:15pm FREE</b>	<b>4:30 – 5:30pm FREE</b>			2:00 – 3:30pm	
<b>Length Swim</b>	9:15 – 10:45am 8:15 – 9:15pm (2 lanes)	8:15 – 9:15pm (2 lanes)	9:15 – 10:45am 5:45 – 7:00pm		7:15 – 8:30pm	11:45 – 12:45pm	
<b>Family Swim</b>					6:00 – 7:00pm		
<b>Open Swim-Women’s Only</b>					4:30 – 5:45pm		

**NOTES: Centre will be Closed on September 28, October 5 & October 14, 2024 (Thanksgiving)**

For information on swim admission criteria and supervision requirements:

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