



**Name:** Valley Park Community Centre  
**Address:** 970 Paramount Drive  
**Phone:** 905-546-3747

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



SWIMMING SCHEDULE – HOLIDAY 2024 – December 23, 2024 – January 5, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Length Swim</b>	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm		12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Open Swim</b> *Shared with the Length Swim (Small Pool)	6:30-8:30am				6:30-8:30am		
<b>Open Swim-Adapted</b>	10:00-10:45am				1:45-2:30pm		
<b>Open Swim Parent &amp; Tot</b>	9:00-10:00am				9:45-10:45am		
<b>Open Swim 55+</b>		10:00-11:00am		10:00-11:00am			
<b>Open Swim</b>	6:15-8:15pm	9-10:00am		9-10:00am 5:15-7:15pm	4:30-6:30pm	1:45-3:30pm	1:45-3:30pm
<b>Open Swim 18+</b> *Shared with Length Swim	12:00-1:30pm 8:30-9:30pm	12:00-1:30pm		12:00-1:30pm 8:30-9:30pm	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
<b>Water Fit</b>	11:00-11:45am	11:00-11:45 1:45-2:30pm		11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

**NOTES:** Centre will be Closed December 25, 2024 (Christmas), December 26, 2024 (Boxing Day) and January 1, 2025 (New Years Day).  
 Centre will be closed at 4pm on December 24, 2024 and December 31, 2024

For information on swim admission criteria and supervision requirements:

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