



**Name:** Valley Park Community Centre  
**Address:** 970 Paramount Drive  
**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>Length Swim</b>   | 6:30-8:30am<br>12:00-1:30pm<br>8:30-9:30pm | 12:00-1:30pm<br>8:30-9:30pm               | 6:30-8:30am<br>12:00-1:30pm<br>8:30-9:30pm | 12:00-1:30pm<br>8:30-9:30pm               | 6:30-8:30am<br>12:00-1:30pm | 12:00-1:30pm | 12:00-1:30pm |
| <b>Open Swim</b><br><small>*Shared with the Length Swim (Small Pool)</small> | 6:30-8:30am<br>12:00-1:30pm                | 12:00-1:30pm                              | 6:30-8:30am<br>12:00-1:30pm                | 12:00-1:30pm                              | 6:30-8:30am<br>12:00-1:30pm |              |              |
| <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                               |   | 9:45-10:45am                |              |              |
| <b>Open Swim 55+</b>   |  | 10:00-11:00am                             |  | 10:00-11:00am                             |                             |              |              |
| <b>Open Swim</b>   | 7:15-8:15pm                                |   | 4:30-5:30pm                                |   | 4:30-5:30pm                 | 1:45-3:30pm  | 1:45-3:30pm  |
| <b>Open Swim 18+</b><br><small>*Shared with Length Swim</small>              | 8:30-9:30pm                                | 8:30-9:30pm                               | 8:30-9:30pm                                | 8:30-9:30pm                               |                             | 12:00-1:30pm | 12:00-1:30pm |
| <b>Water Fit</b>   | 11:00-11:45am                              | 11:00-11:45<br>1:45-2:30pm<br>7:30-8:15pm | 11:00-11:45am                              | 11:00-11:45<br>1:45-2:30pm<br>7:30-8:15pm | 11:00-11:45am               |              |              |

**NOTES: Centre will be Closed October 14, 2024 (Thanksgiving), Open swim cancelled Monday December 16<sup>th</sup> at 7:15pm.**

For information on swim admission criteria and supervision requirements:

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