



**Name:** Hill Park Recreation Centre  
**Address:** 305 South Bend Rd. E.  
**Phone:** 905-546-3747

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



SWIMMING SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+ (*Combined with Length Swim)	*8:00-9:45am *7:30-9:00pm 11:00-12:30pm		*8:00-9:45am *8:15-9:15pm			*12:00-1:30pm	
Length Swim (4 lanes)	8:00-9:30am 7:30-9:00pm		8:00-9:30am 8:15-9:15pm			12:00-1:30pm	
Waterfit	9:45-10:30am		9:45-10:30am				
Open Swim						1:30-3:00pm FREE	
Open Swim (Female Only)				7:00-8:00pm			
Open Swim 18+ (Female Only)				8:00-8:45pm			

**NOTES: Centre will be Closed on February 17, 2025 (Family Day)**

For information on swim admission criteria and supervision requirements:

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