



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

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – March 16, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	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	
Open Swim 55+		9:45 – 10:45am		9:45 – 10:45am			
Open Swim		12:15-1:30pm 7:15 – 8:15pm FREE	12:15 – 1:30pm	12:15 – 1:30pm	4:30 – 6:00pm FREE	2:00 – 3:30pm	
Length Swim	9:15 – 10:45am 8:15 – 9:15pm (2 lanes)	8:15 – 9:15pm (2 lanes)	9:15 – 10:45am 6:00 – 7:00pm		7:15 – 8:30pm	11:45 – 12:45pm	
Family Swim					6:00 – 7:00pm		
Open Swim- Women’s Only			4:30 – 5:45pm				

NOTES:

For information on swim admission criteria and supervision requirements:

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