



Name: Hill Park Recreation Centre
Address: 305 South Bend Rd. E.
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+ (Combined with Length Swim)	8:00-9:45am 7:30-9:00pm		8:00-9:30am 8:15-9:15pm			12:00-1:30pm	
Length Swim	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						
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:

For information on swim admission criteria and supervision requirements:

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