



**Name: Dundas Community Pool**  
**Address: 39 Market Street S, Dundas**  
**Phone: 905-546-3747**

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



| SWIMMING SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – March 16, 2025 |   |  |                              |  |                              |              |              |
|--|---|--|------------------------------|--|------------------------------|--------------|--------------|
| PROGRAM  | MONDAY                                  | TUESDAY                                | WEDNESDAY                    | THURSDAY                               | FRIDAY                       | SATURDAY     | SUNDAY       |
| <b>Open Swim 18+</b>   | 8:00-9:00pm (3 lanes)                   | 11:00-12:30pm<br>8:00-9:00pm (3 lanes) |                              | 11:00-12:30pm<br>8:00-9:00pm (3 lanes) |                              | 12:30-1:30pm |              |
| <b>Open Swim 55+</b>   | 9:00-10:00am<br>10:00-11:00am (2 lanes) | 9:00-10:00am                           | 9:00-11:00am                 | 9:00-10:00am                           | 9:00-11:00am                 |              |              |
| <b>Open Swim- Parent &amp; Tot</b>                                     | 10:00-11:00am (4 lanes)                 |  |                              |  |                              |              |              |
| <b>Open Swim</b>   | 1:00-2:00pm                             | 1:00-2:00pm<br><b>6:45-7:45pm FREE</b> |                              | 1:00-2:00pm                            | <b>5:30-6:45pm FREE</b>      | 1:30-2:45pm  | 12:00-1:30pm |
| <b>Length Swim</b>   | 11:15-12:45pm<br>8:00-9:00pm (3 lanes)  | 7:00-8:45am<br>8:00-9:00pm (3 lanes)   | 11:15-12:45pm<br>7:30-8:30pm | 7:00-8:45am<br>8:00-9:00pm (3 lanes)   | 11:15-12:45pm<br>7:00-8:00pm | 3:00-4:00pm  |              |
| <b>Waterfit</b>  | 7:15-8:00pm                             | 10:15-11:00am                          | 1:00-1:45pm                  | 10:15-11:00am<br>7:15-8:00pm           | 1:00-1:45pm                  |              |              |

**NOTES:**

For information on swim admission criteria and supervision requirements:

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