



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

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



SWIMMING SCHEDULE – SPRING 2025 – March 17, 2025 – June 29, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Waterfit	9:15-10:00am 7:00-7:45pm	10:45-11:30am	9:15-10:00am	10:45-11:30am			
Open Swim 55+		1:00-2:00pm		1:00-2:00pm			
Open Swim 18+ (*Shared with Length Swim)	10:30-11:30am		10:30-11:30am		10:30-11:30am	1:30-2:30pm*	12:15-1:00pm
Open Swim (*Shared with Lengths Swim)	7:45-9:15am* 1:00-2:00pm	7:30-9:15am* 9:45-10:45am	7:45-9:15am* 1:00-2:00pm 8:30-9:30pm	7:30-9:15am* 9:45-10:45am	1:00-2:00pm	2:45-4:00pm (FREE)	
Lengths Swim	7:45-9:00am 11:45-12:45pm 8:00-9:00pm	7:30-9:00am 11:45-12:45pm	7:45-9:00am 11:45-12:45pm 8:30-9:30pm	7:30-9:00am 11:45-12:45pm	11:45-12:45pm	1:30-2:30pm	1:15-2:15pm
Open Swim (Female Only)				7:15-8:15pm			
Waterfit (Female Only)				8:15-9:00pm			

**NOTES:** Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)

For information on swim admission criteria and supervision requirements:

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