



Name: Valley Park Community Centre
Address: 970 Paramount Drive
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE - SPRING 2025 – April 7, 2025 – June 29, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm 8:30-9:30pm	12:00-1:30pm 8:30-9:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
Open Swim *Shared with the Length Swim (Small Pool)	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm	12:00-1:30pm	6:30-8:30am 12:00-1:30pm		
Open Swim-Adapted	9:00-9:45am				1:45-2:30pm		
Open Swim Parent & Tot	9:45-10:45am		9:45-10:45am		9:45-10:45am		
Open Swim 55+		10:00-11:00am		10:00-11:00am			
Open Swim	7:15-8:15pm		4:30-5:30pm		4:30-5:30pm	1:45-3:30pm	1:45-3:30pm
Open Swim 18+ *Shared with Length Swim	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		12:00-1:30pm	12:00-1:30pm
Water Fit	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am	11:00-11:45 1:45-2:30pm 7:30-8:15pm	11:00-11:45am		

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>