



**Name: Valley Park Community Centre**  
**Address: 970 Paramount Drive**  
**Phone: 905-546-2424 EXT 1114**

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



| <b>SWIMMING SCHEDULE – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024</b>       |  |   |  |   |                             |                 |               |
|--|--|---|--|---|-----------------------------|-----------------|---------------|
| <b>PROGRAM</b>   | <b>MONDAY</b>                              | <b>TUESDAY</b>                            | <b>WEDNESDAY</b>                           | <b>THURSDAY</b>                           | <b>FRIDAY</b>               | <b>SATURDAY</b> | <b>SUNDAY</b> |
| <b>Length Swim</b>   | 6:30-8:30am<br>12:00-1:30pm<br>8:30-9:30pm | 12:00-1:30pm<br>8:30-9:30pm               | 6:30-8:30am<br>12:00-1:30pm<br>8:30-9:30pm | 12:00-1:30pm<br>8:30-9:30pm               | 6:30-8:30am<br>12:00-1:30pm | 12:00-1:30pm    | 12:00-1:30pm  |
| <b>Open Swim</b><br><small>*Shared with the Length Swim (Small Pool)</small> | 6:30-8:30am<br>12:00-1:30pm                | 12:00-1:30pm                              | 6:30-8:30am<br>12:00-1:30pm                | 12:00-1:30pm                              | 6:30-8:30am<br>12:00-1:30pm |                 |               |
| <b>Open Swim-Adapted</b>   | 9:00-9:45am                                |   |  |   | 1:45-2:30pm                 |                 |               |
| <b>Open Swim Parent &amp; Tot</b>  | 9:45-10:45am                               |   | 9:45-10:45am                               |   | 9:45-10:45am                |                 |               |
| <b>Open Swim 55+</b>   |  | 10:00-11:00am                             |  | 10:00-11:00am                             |                             |                 |               |
| <b>Open Swim</b>   | 7:15-8:15pm                                |   | 4:30-5:30pm                                |   | 4:30-5:30pm                 | 1:45-3:30pm     | 1:45-3:30pm   |
| <b>Open Swim 18+</b><br><small>*Shared with Length Swim</small>              | 8:30-9:30pm                                | 8:30-9:30pm                               | 8:30-9:30pm                                | 8:30-9:30pm                               |                             | 12:00-1:30pm    | 12:00-1:30pm  |
| <b>Water Fit</b>   | 11:00-11:45am                              | 11:00-11:45<br>1:45-2:30pm<br>7:30-8:15pm | 11:00-11:45am                              | 11:00-11:45<br>1:45-2:30pm<br>7:30-8:15pm | 11:00-11:45am               |                 |               |

**NOTES: Centre will be Closed April 1, 2024 (Easter Monday) and May 20, 2024 (Victoria Day)**

For information on swim admission criteria and supervision requirements:

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