



Name: Dalewood Recreation Centre
Address: 1152 Main Street W.
Phone: 905 546 4946
Email: recreation@hamilton.ca

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – January 8, 2024 to March 31, 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 55+		9:45-10:45am		9:45-10:45am			CLOSED
Open Swim 18+	11:00am-12:00pm	11:00am-12:00pm 8:15-9:15pm* (*shared with lengths)	11:00am-12:00pm	11:00am-12:00pm		1:00-2:00pm	
Open Swim		7:15-8:15pm *FREE*	4:30-5:30pm			2:00-3:30pm	
Open Swim- Female Only					4:30-5:45pm		
Open Swim- Family					6:00-7:00pm		
Length Swim	9:15-10:45am 8:15-9:15pm	8:15-9:15 pm* (*2 lanes only)	9:15-10:45am 5:45-7:00pm		7:15-8:30pm	11:45am-12:45pm	

NOTES: Centre will be closed Monday February 19, 2024 (Family Day)
 Centre will be closed on Friday March 29, 2024 (Good Friday)

For information on swim admission criteria and supervision requirements:
www.hamilton.ca/swimeticquette