



Name: Dalewood Recreation Centre
Address: 1152 Main Street West
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE – SPRING 2024 – APRIL 15, 2024 – JUNE 30, 2024							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 55+		9:45-10:45am		9:45-10:45am			CLOSED
Open Swim 18+	11:00-12:00pm	11:00-12:00pm 8:15-9:15pm (shared with length swim)	11:00-12:00pm	11:00-12:00pm		1:00-2:00pm	
Open Swim		7:15-8:15pm *FREE*	4:30-5:30pm			2:00-3:30pm	
Length Swim	9:15-10:45am 8:15-9:15pm	8:15-9:15pm (2 lanes only)	9:15-10:45am 5:45-7:00pm		7:15-8:30pm	11:45-12:45pm	
Open Swim-Female Only					4:30-5:45pm		
Open Swim-Family					6:00-7:00pm		

NOTES: Centre is Closed for maintenance April 1-14. 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>