



Dundas Community Pool

39 Market Street South | 905-546-3747

Swim Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/swimming

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Swim 55+ 9:00 am – 10:00 am	Lengths 7:00 am – 8:45 am	Open Swim 55+ 9:00 am – 11:00 am	Lengths 7:00 am – 8:45 am	Open Swim 55+ 9:00 am – 11:00 am	Open Swim 18+ 12:30 pm – 1:30 pm	Open Swim 12:45 pm – 2:00 pm
2	Open Swim 55+ (2 lanes) 10:00 am – 11:00 am	Open Swim 55+ 9:00 am – 10:00 am	Lengths 11:15 am – 12:45 pm	Open Swim 55+ 9:00 am – 10:00 am	Lengths 11:15 am – 12:45 pm	Open Swim 1:30 pm – 2:45 pm	--
3	Open Swim (Parent and Tot 4 lanes) 10:00 am – 11:00 am	Water Fit 10:15 am – 11:00 am	Water Fit 1:00 pm – 1:45 pm	Water Fit 10:15 am – 11:00 am	Water Fit 1:00 pm – 1:45 pm	Lengths 3:00 pm – 4:00 pm	--
4	Lengths 11:15 am – 12:45 pm	Open Swim 18+ (3 lanes) 11:00 am – 12:45 pm	Lengths 8:00 pm – 9:00 pm	Open swim 18+ (3 lanes) 11:00 am – 12:45 pm	Family Swim (FREE) 5:30 pm – 6:45 pm	--	--
5	Water Fit 7:15 pm – 8:00 pm	Lengths (3 lanes)		Lengths (3 lanes)	Lengths 7:00 pm – 8:00 pm		

Name of Recreation Centre

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		11:00 am – 12:45 pm		11:00 am – 12:45 pm			
6	Open Swim 18+ (3 lanes) 8:00 pm – 9:00 pm	Open Swim (FREE) 6:45 pm – 7:45 pm		Water Fit 7:15 pm – 8:00 pm			
7	Lengths 8:00 pm – 9:00 pm	Open Swim 18+ (3 lanes) 8:00 pm – 9:00 pm		Open Swim 18+ (3 lanes) 8:00 pm – 9:00 pm			
8		Lengths (3 lanes) 8:00 pm – 9:00 pm		Lengths (3 lanes) 8:00 pm – 9:00 pm			

Notes:

- Centre will be Closed Monday May 18, 2026 for Victoria Day.

For information on swim admission criteria and supervision requirements: <https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>.