



Centre Name: Dalewood Recreation Centre
Address: 1152 Main St W
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (18+) 7:45pm-9:15pm	Pickleball (18+) 6:00pm-7:30pm	Open Gym (Family) 6:00pm-7:30pm FREE	Volleyball (18+) 7:30pm-9:00pm	Open Gym (13-17) 6:00pm-7:30pm	Badminton (18+) 1:30pm-3:00pm	CLOSED
	Basketball (18+) 7:45pm-9:15pm	Basketball (18+) 7:30pm-9:00pm		Basketball (18+) 7:30pm-9:00pm		

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

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.