



Westmount Recreation Centre
35 Lynbrook Dr. 905-546-4932

Hamilton

GYM SCHEDULE – January 9, 2023 to April 2, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 9:30-12:00pm	Westmount SS Open Gym/Youth Room (Free w. Westmount Student ID) 11:15-2:00pm	Parent & Tot Open Gym (Caregivers w. children under 4y) 9:30-10:30am	Parent & Tot Open Gym (Caregivers w. children under 4y) 10:00-11:00am	Pickleball (18+) 8:30-11:00am	Badminton (Family) 9:00-10:30am	
Pickleball (18+) 12:00-2:30pm	Open Gym (13-17yrs) 3:00-5:00pm	Table Tennis (18+) 10:30-12:30pm	Adapted Yoga (All Ages) 10:00-11:00am	Westmount SS Open Gym/Youth Room (Free w. Westmount Student ID) 11:15-2:00pm	Volleyball (18+) 2:00-4:00pm	
Open Gym (9-12yrs) 3:00-5:00pm	Youth Room (Family) 6:00-8:00pm	Pickleball (18+) 12:00-2:30pm	Adapted Gym (All Ages) 11:15-12:15pm	Open Gym (9-12yrs) 3:00-5:00pm FREE	Youth Room (Family) 2:00-4:00pm	
Table Tennis (18+) 6:30-8:30pm		Open Gym (Family) 5:30-7:00pm	Badminton (18+) 12:45-2:45pm	Youth Room (9-12yrs) 3:00-5:00pm FREE		
Basketball (18+) 7:30-9:00pm		Youth Room (13-17yrs) 7:00-9:00pm	Open Gym (13-17yrs) 3:00-4:00pm	Basketball (13-17yrs) 5:15-6:45pm		
		Volleyball (18+) 7:30-9:00pm		Youth Room (13-17yrs) 6:30-8:30pm		
				Basketball (18+) 7:00-8:30pm		

NOTES: Centre will be closed Monday February 20, 2023

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