



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

For real time program info:
hamilton.ca/gym



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (18+) 7:45-9:15pm	Pickleball (18+) 6:00-7:30pm	Open Gym (Family - FREE) 6:00-7:30pm	Volleyball (18+) 7:30-9:00pm	Open Gym (13-17 yrs) 6:00-7:30pm	Badminton (18+) 1:30-3:30pm	
	Basketball (18+) 7:45-9:15pm	Basketball (18+) 7:30-9:00pm		Basketball (18+) 7:30-9:00pm		

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

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