



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke St
Phone: 905-546-3111
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
*Cardio Balance & Strength (55+) 12:45-1:45pm \$2.49 per visit	Basketball (13-17) 8:00-9:30pm	*Cardio Balance & Strength (55+) 12:45-1:45pm \$2.49 per visit		Basketball (13-17) 6:00-7:45pm	Open Gym (Family) FREE 9:30-11:30am
*Chair Fit (55+) 1:45-2:45pm \$2.49 per visit		*Chair Yoga (55+) 1:45-2:45pm \$2.49 per visit		Basketball (18+) 7:45-9:30pm	Open Gym (13-17yrs) 11:45pm-1:30pm
		Badminton (18+) 7:30-9:30pm			

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.