



Centre Name: Westmount Recreation Centre
Address: 35 Lynbrook Drive
Phone: (905) 546-4932
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
Pickleball (18+) 8:30-11:30am	Pickleball (18+) 8:45-11:00am	Parent & Tot Open Gym (Caregivers w. children under 5y) 9:00-10:30am	Volleyball (55+) 8:00-9:30am	Pickleball (18+) 6:30-11:00am	Badminton (Family) 9:00-10:30am	
Pickleball (18+) 11:30am-2:30pm	Westmount SS Open Gym/Youth Room (Free w. Westmount Student ID) 11:15-2:00pm	Table Tennis (18+) 10:30-12:30pm	Parent & Tot Open Gym (Caregivers w. children under 5y) 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 (6-12yrs) 3:00-5:00pm	Open Gym (13-17yrs) 3:00-5:00pm	Pickleball (18+) 11:00-2:30pm	Adapted Yoga (All Ages) 10:00-11:00am \$2.49 admission	Open Gym (9-12yrs) 3:00-5:00pm FREE	Youth Room (Family) 2:00-4:00pm	
Open Gym (Family) 5:15-7:15pm	Volleyball (13-17yrs) 3:00-5:00pm	Open Gym (13-17yrs) 3:00-5:00pm	Adapted Gym (All Ages) 11:15-12:15pm	Youth Room (9-12yrs) 3:00-5:00pm FREE		
Parent & Tot Open Gym (Caregivers w. children under 5y) 5:30-7:30pm	Table Tennis (18+) 3:00-5:00pm	Youth Room (13-17yrs) 7:00-9:00pm	Badminton (18+) 12:45-2:45pm	Basketball (13-17yrs) 5:15-6:45pm		
Table Tennis (18+) 6:30-8:30pm	Youth Room (Family) 6:00-8:00pm	Volleyball (18+) 7:30-9:00pm	Open Gym (13-17yrs) 3:00-4:00pm	Youth Room (13-17yrs) 6:00-8:00pm		
Basketball (18+) 7:30-9:00pm				Basketball (18+) 7:00-8:30pm		

NOTES: Centre will be Open for modified program schedule (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.