



Centre Name: Sir Allan MacNab
Address: 145 Magnolia Drive
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (Family) 6:15-7:15pm	Cardio Balance and Strength (55+) 9:30-10:30am *\$3.05 cost each visit*	Open Gym (Family) 6:15-7:15pm	Open Gym (9 - 12) 6:15-7:30pm	Open Gym - FREE (9 - 12) 6:15-7:30pm		
Badminton (16+) 7:15 – 9:00pm	Chair Fit (55+) 10:45-11:45am *\$3.05 cost each visit*	Badminton (16+) 7:30-9:00pm	Open Gym (13 - 17) 7:45-9:00pm	Basketball (13 - 17) 7:30-9:00pm		
	Open Social – Free (55+) 10:00 – 11:15am					
	Basketball (13-17) 6:15-7:30pm					
	Basketball (18+) 7:30-9:00pm					

NOTES: Centre will be closed on February 17, 2025 (Family Day)

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