



Centre Name: Bennetto Recreation Centre  
 Address: 450 Hughson Street. North.  
 Phone: 905-546-3747

For real time program info:  
[hamilton.ca/gym](http://hamilton.ca/gym)



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance &amp; Strength</b> (55+) 10:00am – 11:00am *\$3.05 per visit	<b>Open Gym</b> (Parent & Tot) 10:30am – 12:00pm	<b>Basketball</b> (18+) 7:30pm-9:00pm	<b>Open Gym</b> (Parent & Tot) 10:30am – 12:00pm	<b>Cardio, Balance &amp; Strength</b> (55+) 10:00am – 11:00am *\$3.05 per visit	<b>Open Gym - FREE</b> (Family) 12:00pm – 1:30pm	
<b>Open Gym</b> (Family) 5:00pm – 6:30pm			<b>Pickleball</b> (18+) 12:30pm – 2:30pm	<b>Open Gym</b> (13-17 years) 5:15pm – 6:45pm	<b>Pickleball</b> (18+) 1:45pm – 3:45pm	
<b>Volleyball</b> (18+) 6:45pm – 8:45pm			<b>Open Gym</b> (9-12 years) 5:00pm – 6:30pm	<b>Soccer</b> (18+) 7:00pm -8:30pm		
			<b>Pickleball</b> (18+) 6:45pm – 8:45pm			

**NOTES: Bennetto 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.

\*Price subject to change