



**Centre Name:** Kanétskare Recreation Centre  
**Address:** 251 Duke Street  
**Phone:** 905-546-3111

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



GYM SCHEDULE – SPRING 2025 – April 7, 2025 – June 9, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>	<b>Basketball</b> (13-17 years) 8:00pm – 9:15pm	<b>Cardio, Balance &amp; Strength</b> (55+) 12:45pm – 1:45pm <b>*\$3.05 per visit</b>		<b>Basketball</b> (13-17 years) 6:00pm – 7:45pm	<b>Open Gym - FREE</b> (Family) 9:30am – 11:15am	
<b>Chair Fit</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>		<b>Chair Yoga</b> (55+) 1:45pm – 2:45pm <b>*\$3.05 per visit</b>		<b>Basketball</b> (18+) 7:45pm – 9:15pm		
<b>Girls Only Gym - FREE</b> (10-14 years) 7:00pm – 9:00pm		<b>Badminton</b> (18+) 8:00pm – 9:15pm				

**NOTES: Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)**

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

\*Price subject to change