



Centre Name: Sir Wilfrid Laurier Recreation Centre
Address: 60 Albright Road
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SPRING 2025 – June 18, 2025 – June 29, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Parent & Tot) 9:30-11:15am	Badminton (55+) 10:00am-12:00pm	Pickleball (55+) 10:00am-12:00pm	Volleyball (55+) 10:00am-12:00pm	Basketball (55+) 10:00am-12:00pm	Open Gym (Family) 10:00am-11:30am	Open Gym (Family) 9:30-11:30am
Badminton (55+) 11:45am-2:00pm	Pickleball (18+) 12:30-2:45pm	Badminton (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Volleyball (16+) 12:00-2:00pm	Basketball (13-17yrs) 11:45am-1:30pm
Open Gym (Parent & Tot) 3:15-5:15pm	Open Gym (6-12yrs) 3:15-5:15pm	Open Gym (Parent & Tot) 3:15-5:15pm	Open Gym (6-12yrs) 3:15-5:15pm	Open Gym (6-12yrs) 3:15-5:15pm	Open Gym (Parent & Tot) 2:15-3:45pm	Pickleball (18+) 2:00-4:00pm
Open Gym (Family) 3:15-5:15pm	Pickleball (18+) 5:30-7:15pm	Open Gym (Family) 3:15-5:15pm	Badminton (18+) 5:30-7:00pm	Open Gym (Family) 6:15-7:45pm		
Open Gym (6-12yrs) 5:30-7:15pm	Basketball (13-17yrs) 7:30-9:30pm	Open Gym (6-12yrs) 5:30-7:00pm	Volleyball (16+) 7:30-9:30pm	Basketball (13-17yrs) 8:00-9:30pm		
Basketball (18+) 7:30-9:30pm		Volleyball (16+) 7:30-9:30pm				

NOTES: All drop in programs are FREE from June 18th-June 29th.

All drop in programs are cancelled on Saturday June 21st for our Grand Re-Opening – Visit Hamilton.ca for more information.

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