



Centre Name: Dundas Lions Memorial Community Centre

Address: 10 Market St. S

Phone: 905-546-2424 x2260

For real time program info:

hamilton.ca/gym



GYM SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Pickleball (18+) 1:00pm – 3:30pm	Badminton (55+) 12:30pm-2:30pm	Pickleball (55+) 12:45pm-2:45pm
Pickleball (55+) 12:45pm-2:45pm	Badminton (55+) 12:30pm-2:30pm	Open Gym (Family) 3:45pm – 5:15pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (55+) 3:00pm-5:00pm
Pickleball (55+) 3:00pm-5:00pm	Badminton (18+) 2:30pm-4:30pm		Pickleball (18+) 7:00pm – 9:00pm	

NOTES: Centre will be Closed July 1, 2025 (Canada Day), August 4, 2025 (Civic Holiday) and September 1, 2025 (Labour Day)

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