



Centre Name: Valley Park
Address: 970 Paramount Drive
Phone: 905 546 3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SUMMER 2025 – June 30, 2025 – August 31, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (18+) 6:00pm-8:00pm	Basketball (13-17) 6:00pm-8:00pm	Open Gym (Adapted) 11:45am-1:15pm (No Open Gym on July 2 nd & August 6 th)	Pickleball (18+) 6:00pm-8:00pm	Basketball (13-17) 6:00pm-8:00pm	Basketball (18+) 12:00pm-2:00pm	Pickleball (18+) 12:00pm-2:00pm
					Open Gym (Family) 2:15pm-4:15pm	Open Gym (9-12) 2:15pm-4:15pm

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.