



Centre Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr.
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
Pickleball (18+) 12:30-3:30pm	Badminton (18+) 12:30-3:30pm	Parent & Tot Gym (0-5) 9:30-11:30am	Open Gym (13-17) 12:00-1:30pm	Pickleball (18+) 12:30-3:30pm	Badminton (Family) 9:00-11:30am	Open Gym (Family) 9:00-11:30am
Open Gym (Family) 5:15-6:45pm	Game and Activity Time (Family) 5:15-8:45pm	Pickleball (18+) 12:30-3:30pm	Badminton (18+) 2:00-3:30pm	Game and Activity Time (Family) 5:15-8:00pm	Game and Activity Time (Family) 9:00-12:00pm	Game and Activity Time (9-12) 9:00-12:00pm
Youth Room (12-17) 5:15-8:45pm	Open Gym (13-17) 7:15-8:45pm	Volleyball (13-17) 5:15-7:15pm	Volleyball (55+) 2:00-3:30pm	Basketball (13-17) 6:00-8:00pm	Volleyball (16+) 12:00-3:00pm	Pickleball (18+) 12:00-3:30pm
Table Tennis (18+) 6:30-8:30pm		Youth Room (12-17) 5:15-8:45pm	Game and Activity Time (Family) 5:15-8:45pm		Game and Activity Time (9-12) 12:30-3:30pm	Game and Activity Time (Family) 12:30-3:30pm
Basketball (18+) 7:00-8:30pm		Volleyball (18+) 7:15-8:45pm	Table Tennis (18+) 6:30-8:30pm			*Open Gym (Adapted) 3:45-5:15pm *In Partnership with All Abilities Allstar

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

Open Gym – Parent and Tot will be cancelled on Wednesday July 2 and Wednesday August 6, 2025.

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