



# Hamilton

**Central Memorial Recreation Centre**  
**Address: 93 West Avenue S, Hamilton ON**  
**Phone: 905-546-3747**

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



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 11:30am-1:30pm	Basketball (18+) 11:30am-1:30pm	Basketball (18+) 11:30am-1:30pm	Basketball (18+) 11:30am-1:30pm	Pickleball (18+) 10:30am-1:30pm	Basketball (18+) 9:00am-11:00am	Women/Girls Only Basketball (18+) 9:45am-11:15am
Volleyball (16+) 7:00pm-9:00pm	Bridge (55+) 12:00pm-4:00pm	Women/Girls Only Basketball (18+) 7:00pm-9:00pm	Volleyball (16+) 7:00pm-9:00pm		Open Gym (17 and Under with Adult) 11:15am-12:15pm	Pickleball (18+) 11:30am-1:30pm
	Badminton (16+) 5:00pm-8:00pm				Bridge (55+) 12:00pm-4:00pm	
					Badminton (16+) 12:30pm-2:00pm	

**NOTES: Centre will be Closed October 13, 2025 (Thanksgiving)**

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