



**Dalewood Recreation Centre**  
1152 Main St W  
905-546-4946

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



GYM SCHEDULE – FALL 2025 – October 6, 2025 – December 13, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Badminton</b> (18+) 7:15-9:15pm	<b>Pickleball</b> (18+) 6:00-7:30pm	<b>Open Gym</b> (Under 17 w/parent) <b>FREE</b> 6:00 – 7:30pm	<b>Volleyball</b> (18+) 7:15-9:00pm	<b>Basketball</b> (18+) 7:15-9:00pm	<b>Badminton</b> (18+) 1:30-3:30pm	<b>CLOSED</b>
	<b>Open Gym</b> (18+) 7:45-9:15pm	<b>Open Gym</b> (13-17) <b>FREE</b> 6:00-7:30pm				
		<b>Basketball</b> (18+) 7:30-9:15pm				

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

**There will be no Gym programming from December 14, 2025 - January 5, 2026**

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