



Dundas Lions Memorial Community Centre

10 Market St. S

905-546-2424 x2260

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – Fall 2025 – September 2, 2025 – December 21, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 (18+) 11:30am-1:30pm	Volleyball (18+) 11:00am-1:00pm
Pickleball (55+) 12:45pm-2:45pm	Badminton (55+) 12:30pm-2:30pm	Open Gym (8-12) 3:45pm – 5:15pm FREE in partnership with ROUTES	Badminton (18+) 2:30pm-4:30pm	Pickleball (55+) 3:00pm-5:00pm	Open Gym (Under 17 w/parent) FREE 2:00-4:00pm	
Pickleball (55+) 3:00pm-5:00pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (18+) 5:30pm-7:30pm				

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

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