



Hill Park Recreation Centre  
305 South Bend Rd. E., Hamilton  
905-546-3747

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



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> (13-17) 8:00pm- 9:00pm		<b>Badminton</b> (17 & under with Adult) 6:00pm-7:00pm	<b>Badminton</b> (18+) 7:45pm-8:45pm	<b>Open Gym</b> (17 & under with Adult) 6:00pm-7:15pm	<b>Open Gym</b> (All Ages) 9:30am-11:30am	
		<b>Badminton</b> (18+) 7:15pm-9:00pm		<b>Basketball</b> (13-17) 7:30pm-9:00pm	<b>Open Gym</b> (17 & under with Adult) 11:45am-1:30pm	

**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.