



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

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 (13-17) 8:00pm- 9:00pm		Badminton (17 & under with Adult) 6:00pm-7:00pm	Badminton (18+) 7:45pm-8:45pm	Open Gym (Family) 6:00pm-7:15pm	Open Gym (All Ages) 9:30am-11:30am	
		Badminton (18+) 7:15pm-9:00pm		Basketball (13-17) 7:30pm-9:00pm	Open Gym (Family) 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.