



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke Street
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – FALL 2025 – October 6, 2025 – December 13, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Girls Only 10-14 years) FREE 7:00pm – 9:00pm	Cardio, Balance & Strength (55+) 12:30pm – 1:30pm *\$3.18 per visit	Badminton (18+) 8:00pm – 9:15pm	Cardio, Balance & Strength (55+) 10:00am-11:00am *\$3.18 per visit	Basketball (13-17 years) 6:00pm – 7:45pm	Open Gym (17 and Under with Adult) FREE 9:30am – 11:00am	
	Chair Fit (55+) 1:30pm – 2:30pm *\$3.18 per visit		Chair Pilates (55+) 11:00am – 12:00pm *\$3.18 per visit	Basketball (18+) 7:45pm – 9:15pm	Open Gym (9-12) 1:15pm – 2:15pm	
	Basketball (13-17 years) 8:00pm – 9:15pm				Badminton (18+) 2:15pm – 3:15pm	

NOTES: 55+ Fitness Classes on Tuesdays and Thursdays will begin on September 2nd

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.