



# Hamilton

**Bernie Morelli Recreation Centre**  
**876 Cannon St E**  
 905-546-3747

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



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Track</b> (All Ages) 8:45am-8:15pm	<b>Track</b> (All Ages) 8:45am-9:00pm	<b>Track</b> (All Ages) 8:45am-8:30pm	<b>Track</b> (All Ages) 8:45am-8:15pm	<b>Track</b> (All Ages) 8:45am-8:30pm	<b>Track</b> (All Ages) 9:00am-4:00pm	<b>Track</b> (All Ages) 9:00am-3:00pm
<b>Open Gym</b> (Parent & Tot) 9:00am-10:30am FREE**	<b>Pickleball</b> (55+) 9:00am-12:00pm	<b>Open Gym</b> (Parent & Tot) 9:00am-10:30am	<b>Open Gym</b> (17 and Under with Adult) 9:00am-11:00am	<b>Volleyball</b> (18+) 9:00am-11:00am	<b>Table Tennis</b> (17 and Under with Adult) 9:30am-11:30am	<b>Basketball</b> (18+) 9:30am-11:30am
<b>Pickleball</b> (55+) 11:00am-1:00pm	<b>Game &amp; Activity Time</b> (13-17) 3:15pm-8:15pm FREE*	<b>Adapted Yoga</b> (All Ages) 9:15am-10:15am \$3.05 Admission	<b>Game &amp; Activity Time</b> (13-17) 11:30am-12:30pm 3:15pm-8:15pm FREE*	<b>Game &amp; Activity Time</b> (13-17) 11:30am-12:30pm 3:15pm-8:15pm FREE*	<b>Open Gym</b> (Parent & Tot) 9:45am-10:45am	<b>Badminton</b> (16+) 11:45am-1:45pm
<b>Basketball</b> (18+) 1:15pm-2:45pm	<b>Open Gym</b> (13-17) 3:15pm-4:15pm FREE*	<b>Adapted Open Gym</b> (All Ages) 12:00pm-1:00pm	<b>Pickleball</b> (18+) 6:45pm-8:45pm	<b>Pickleball</b> (55+) 1:00pm-3:00pm	<b>Badminton</b> (17 and Under with Adult) 11:00am-12:30pm	<b>Open Gym</b> (17 and Under with Adult) 2:00pm-3:00pm
<b>Game &amp; Activity Time</b> (13-17) 3:15pm-8:15pm FREE*	<b>Volleyball</b> (13-17) 7:15pm-9:00pm	<b>Game &amp; Activity Time</b> (13-17) 3:15pm-8:15pm FREE*		<b>Open Gym</b> (13-17) 3:15pm-5:15pm FREE*	<b>Open Gym</b> (17 and Under with Adult) 12:45pm-1:45pm	
<b>Open Gym</b> (13-17) 3:15pm-4:15pm FREE*		<b>Open Gym</b> (13-17) 3:15pm-4:15pm FREE*		<b>Open Gym</b> (9-12) 5:30pm-6:30pm		
		<b>Volleyball</b> (13-17) 4:45pm-6:30pm		<b>Basketball</b> (18+) 6:45pm-8:15pm		
		<b>Basketball</b> (55+) 6:45pm-8:45pm				

**NOTES:** Centre will be Closed October 13, 2025 (Thanksgiving). Centre will be closed for maintenance September 8<sup>th</sup>-28<sup>th</sup>, 2025. Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.

\*Free with valid BCSS school ID. \*\*Free in partnership with EarlyON