



Dalewood Recreation Centre
1152 Main St W
905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – Winter 2026 – January 5, 2026 – April 5, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (18+) 7:15-9:15pm	Pickleball (18+) 6:00-7:30pm	Open Gym (Under 17 w/parent) FREE 6:00 – 7:30pm	Volleyball (18+) 7:15-9:00pm	Basketball (18+) 7:15-9:00pm	Badminton (18+) 1:30-3:30pm	CLOSED
	Open Gym (18+) 7:45-9:15pm	Open Gym (13-17) FREE 6:00-7:30pm				
		Basketball (18+) 7:30-9:15pm				

NOTES: Centre will be Closed on February 16, 2026 (Family Day), April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday).

There will be drop-in gym programs March 14-22, 2026 (March Break).

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