



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

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



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> (Teen) 8:00pm- 9:00pm		<b>Badminton</b> (Family) 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>Open Gym</b> (13-17) 7:30pm-9:00pm	<b>Open Gym</b> (Family) 11:45am-1:30pm	

NOTES: Centre will be Closed on February 16, 2026 (Family Day)

Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)