



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr
Phone: 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
Pickleball (18+) 9:00am-1:00pm	Badminton (18+) 10:45am- 12:45pm	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 10:00am-2:00pm	Open Gym (adapted) 12:30pm- 2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (17 & under with adult) 12:00pm-1:30pm
Open Gym (17 & under with adult) 2:00pm- 4:30pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm	Open Gym (Parent & tot) EarlyON 1:00pm-2:30pm		Open Gym (All Ages) 2:30pm-4:00pm	Open Gym (17 & under with adult) 2:15pm- 4:15pm	Open Gym (9-12yrs) 2:00pm-3:30pm
Open Gym (13-17yrs) 4:45 pm-6:45pm	Basketball (13-17yrs) 8:00pm-9:30pm			Open Gym (17 & under with adult) 4:00pm- 6:00pm		
Badminton (18+) 7:00pm-9:15pm				Basketball (13-17yrs) 6:15pm-8:15pm		

NOTES: Valley Gym will be closed for maintenance on January 10, 11 &12, 2026.

All Gym programs are cancelled on Friday January 23, 2026 due to a PA Day Camp

Centre will be on a modified schedule on February 16, 2026 (Family Day)

Centre will be on a modified schedule From March 14-22, 2026 (March Break)

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