



Hamilton

DROP-IN ADAPTED PROGRAMS

WINTER 2026 SCHEDULE — January 5, 2026 – April 5, 2026



For more information please visit www.hamilton.ca/inclusionrec or email accessiblerec@hamilton.ca

Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adapted Swim	Valley Park Recreation Centre 9:00am – 9:45am	Bernie Morelli Recreation Centre 11:00am -12:00pm Westmount Recreation Centre 1:00pm - 2:00pm	Bernie Morelli Recreation Centre 7:15pm - 8:15pm	Bernie Morelli Recreation Centre 11:00am - 12:00pm Westmount Recreation Centre 1:00pm - 2:00pm	Valley Park Recreation Centre 1:45pm – 2:30pm	Bernie Morelli Recreation Centre 2:15pm - 3:15pm	Westmount Recreation Center 4:30pm – 5:30pm
Adapted Gym			Bernie Morelli Recreation Centre <i>*Adapted Baseball</i> 12:00pm – 1:00pm	Westmount Recreation Centre 11:15am - 12:15pm	Valley Park Recreation Centre 12:30pm - 2:00pm		Westmount Recreation Centre 3:45pm – 5:15pm FREE <i>In partnership with All Abilities Allstars</i>
Adapted Yoga			Bernie Morelli Recreation Centre (Gym Studio) 9:15am – 10:15am \$3.05 Admission	Westmount Recreation Centre (Studio) 10:00am - 11:00am \$3.05 Admission			

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

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

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

Drop-in adapted programs are offered at various recreation location across the City. These drop-in programs are designed for children, youth, adults and seniors living with additional needs or a disability and their families who benefit from an adapted format program space. If needed, participants should bring their own support person. Support persons are admitted free of charge. Program staff are there to set up and supervise programs and are not there to replace supervision.

** Adapted Baseball at Bernie Morelli Recreation Centre is an indoor program designed to empower individuals living with additional needs or a disability and their families through an inclusive and supportive introduction to the sport of baseball. The program focuses on building connections, promoting independence, and creating enjoyment in physical activity.*