



**Centre Name:** Bennetto Community Centre  
**Address:** 450 Hughson St. N.  
**Phone:** 905-546-4944

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



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance &amp; Strength</b> (55+) 10:30am – 11:30am <b>*\$3.18 per visit</b>	<b>Open Gym</b> (Parent & Tot) 10:30am – 12:00pm	<b>**School Gym - FREE</b> (Bennetto School students only) 1:15-1:45pm	<b>Open Gym</b> (Parent & Tot) 10:30am – 12:00pm	<b>Cardio, Balance &amp; Strength</b> (55+) 10:30am – 11:30am <b>*\$3.18 per visit</b>	<b>Open Gym</b> (Under 17 w/parent <b>FREE</b> 12:30pm – 1:30pm	
<b>Volleyball</b> (16+) 7:00pm – 8:45pm	<b>Open Gym</b> (Under 17 w/parent) 5:30pm – 7:30pm	<b>Basketball</b> (18+) 8:15-9:45pm	<b>Pickleball</b> (18+) 12:30pm – 2:30pm	<b>**School Gym - FREE</b> (Bennetto School students only) 1:15-1:45pm	<b>Pickleball</b> (18+) 1:45pm – 3:45pm	
	<b>Soccer</b> (18+) 7:30pm-9:00pm		<b>Open Gym</b> (Under 17 w/parent <b>FREE</b> 5:00pm – 6:00pm	<b>Open Gym</b> (13-17 yrs) 5:15pm – 6:45pm		
			<b>Pickleball</b> (18+) 6:45pm – 8:45pm	<b>Volleyball</b> (18+) 7:00pm – 8:30pm		

**NOTES:** 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)