



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

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
Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Parent & Tot) 10:30am – 12:00pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Open Gym (Parent & Tot) 10:30am – 12:00pm	Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Under 17 w/parent FREE) 12:30pm – 1:30pm	
Volleyball (16+) 7:00pm – 8:45pm	Open Gym (Under 17 w/parent) 5:30pm – 7:30pm	Basketball (18+) 8:15-9:45pm	Pickleball (18+) 12:30pm – 2:30pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Pickleball (18+) 1:45pm – 3:45pm	
	Soccer (18+) 7:30pm-9:00pm		Open Gym (Under 17 w/parent FREE) 5:00pm – 6:00pm	Open Gym (13-17 yrs) 5:15pm – 6:45pm		
			Pickleball (18+) 6:45pm – 8:45pm	Volleyball (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)