



Sir Allan MacNab Recreation Centre
145 Magnolia Drive
905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – WINTER 2026 – January 19, 2026 – April 5, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cardio Balance and Strength (55+) 9:30am-10:30am *Admission \$3.18*		Cardio Balance and Strength (55+) 9:30am-10:30am *Admission \$3.18*			
	Chair Fit (55+) 10:45am-11:45am *Admission \$3.18*		Chair Fit (55+) 10:45am-11:45am *Admission \$3.18*			
Badminton (17 and Under with Adult) 6:15pm – 7:30pm	Open Gym (17 and Under with Adult) 6:15pm – 7:30pm FREE	Badminton (17 and Under with Adult) 6:15pm – 7:30pm	Open Gym (9-12) 6:15pm – 7:30pm	Open Gym (9-12) 6:15pm – 7:30pm		
Badminton (16+) 7:30pm – 9:00pm	Basketball (18+) 7:30pm – 9:00pm	Badminton (16+) 7:30pm – 9:00pm	Open Gym (13-17) 7:45pm – 9:00pm	Basketball (13-17) 7:30pm – 9:00pm		

NOTES: Sir Allan MacNab Recreation Centre will be CLOSED January 5 – 19, 2026 for maintenance.

Sir Allan MacNab Recreation Centre will be CLOSED on February 16, 2026 (Family Day)

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

Sir Allan MacNab Recreation Centre will be CLOSED on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.