

**Sir Wilfrid Laurier Recreation Centre****Address: 60 Albright Road****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
Volleyball (55+) 10:00am-12:00pm	Badminton (55+) 10:00am-12:00pm	Pickleball (55+) 10:00am-12:00pm	Volleyball (55+) 10:00am-12:00pm	Basketball (18+) 10:00am-12:00pm	Volleyball (16+) 2:00-4:00pm	Open Gym (17 and Under with Adult) 9:30am-11:15am
Badminton (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Badminton (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm		Open Gym (Parent & Tot) 9:30am-11:15am
Open Gym (6-13yrs) 3:15-5:00pm	Open Gym (6-13yrs) 3:15-5:00pm	Open Gym (14-17yrs) 3:15-4:45pm	Fitness 55+ (55+) 1:15-2:15pm \$3.20 admission	Open Gym (6-13yrs) 3:15-5:00pm		Pickleball (18+) 11:45am-1:45pm
Basketball (18+) 8:00-9:30pm	Basketball (13-17yrs) 8:00-9:30pm	Volleyball (16+) 8:00-9:30pm	Fitness 55+ (55+) 2:30-3:30pm \$3.20 admission	Open Gym (17 and Under with Adult) 5:45-7:45pm FREE		Basketball (6-12yrs) 2:15-4:15pm
			Open Gym (6-13yrs) 3:15-5:00pm	Basketball (14-17yrs) 8:00-9:30pm FREE		Basketball (13-17yrs) 2:15-4:15pm
			Volleyball (16+) 8:00-9:30pm			

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)**