



**Centre Name: Central Memorial Recreation Centre**  
**Address: 93 West Ave S**  
**Phone: 905-546-3747**

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



| <b>GYM SCHEDULE – MARCH BREAK 2026 – MARCH 14, 2026 – March 22, 2026</b> |  |   |   |  |   |   |
|--|--|---|---|--|---|---|
| <b>MONDAY</b>  | <b>TUESDAY</b>                               | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>                                | <b>SATURDAY</b>   | <b>SUNDAY</b>   |
| <b>Pickleball</b><br>(18+)<br>11:30am-1:30pm                             | <b>Basketball</b><br>(18+)<br>11:30am-1:30pm | <b>Badminton</b><br>(18+)<br>8:00am-10:00am                   | <b>Basketball</b><br>(18+)<br>11:30am-1:30pm                  | <b>Pickleball</b><br>(18+)<br>10:30am-1:30pm | <b>Basketball</b><br>(18+)<br>9:00am-11:00am                    | <b>Women/Girls Only Basketball</b><br>(18+)<br>9:45am-11:15am |
| <b>Open Gym</b><br>(17 and Under with Adult)<br>4:30pm-6:30pm            | <b>Bridge</b><br>(55+)<br>12:00pm-4:00pm     | <b>Basketball</b><br>(18+)<br>10:30am-12:30pm                 | <b>Open Gym</b><br>(17 and Under with Adult)<br>4:30pm-6:30pm |  | <b>Open Gym</b><br>(17 and Under with Adult)<br>11:15am-12:15pm | <b>Pickleball</b><br>(18+)<br>11:30am-1:30pm                  |
| <b>Volleyball</b><br>(16+)<br>7:00pm-9:00pm                              | <b>Badminton</b><br>(16+)<br>5:00pm-8:00pm   | <b>Open Gym</b><br>(17 and Under with Adult)<br>4:30pm-6:30pm | <b>Volleyball</b><br>(16+)<br>7:00pm-9:00pm                   |  | <b>Bridge</b><br>(55+)<br>12:00pm-4:00pm                        | <b>Open Gym</b><br>(17 and Under with Adult)<br>1:45pm-3:15pm |
|  |  | <b>Women/Girls Only Basketball</b><br>(18+)<br>7:00pm-9:00pm  |   |  | <b>Badminton</b><br>(16+)<br>12:30pm-2:00pm                     |   |

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