



Sir Wilfrid Laurier Recreation Centre
60 Albright Road
905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – MARCH BREAK 2026 – MARCH 14, 2026 – March 22, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 (17 and Under with Adult) 9:30am-11:15am	Open Gym (17 and Under with Adult) 9:30am-11:15am
Open Gym (6-13yrs) 6:00-7:45pm	Open Gym (6-13yrs) 6:00-7:45pm	Open Gym (14-17yrs) 6:00-7:45pm	Open Gym (6-13yrs) 6:00-7:45pm	Open Gym (17 and Under with Adult) 5:45-7:45pm FREE	Open Gym (Parent & Tot) 9:30am-11:15am	Open Gym (Parent & Tot) 9:30am-11:15am
Basketball (18+) 8:00-9:30pm	Basketball (13-17yrs) 8:00-9:30pm	Volleyball (16+) 8:00-9:30pm	Volleyball (16+) 8:00-9:30pm	Basketball (14-17yrs) 8:00-9:30pm FREE	Open Gym (6-13yrs) 11:30-1:30pm	Pickleball (18+) 11:45am-1:45pm
					Volleyball (16+) 2:00-4:00pm	Basketball (6-13yrs) 2:15-4:15pm
						Basketball (13-17yrs) 2:15-4:15pm

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