



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr.
Phone: 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+) 7:00pm-9:15pm	Basketball (13-17yrs) 8:00pm-9:30pm			Basketball (13-17yrs) 6:15pm-8:15pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (17 & under with adult) 12:00pm-1:30pm
					Open Gym (17 & under with adult) 2:15pm-4:15pm	Open Gym (9-12yrs) 2:00pm-3:30pm

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