



Centre Name: Westmount Recreation Centre
Address: 35 Lynbrook Drive
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
Pickleball (18+) 12:00-2:30pm	Open Gym (All Ages) 12:00-2:30pm	Open Gym Parent & Tot (0 - 5) 9:30-10:30am	Adapted Yoga (All Ages) 10:00 – 11:00am \$2.81 Admission	Youth Room (12-17) 3:00-7:00pm	Badminton (Under 17 with Adult) 9:00-10:30am	Game and Activity Time (6-12) 9:00am-12:00pm
Open Gym - FREE (Under 17 with Adult) 5:15-7:15pm	Youth Room (12-17) 3:00-7:00pm	Pickleball (18+) 11:00am-2:30pm	Open Gym Adapted (All Ages) 11:15 – 12:15pm	Basketball (13-17) 5:15-6:45pm	Game and Activity Time (Under 17 with Adult) 9:00am-12:00pm	Open Gym (All Ages) 9:00-12:00pm
Basketball (13-17) 5:15-7:15pm		Game and Activity Time (Under 17 with Adult) 5:15 – 9:00pm	Badminton (18+) 12:45-2:45pm	Basketball (18+) 7:00-8:30pm	Game and Activity Time (6-12) 12:30-3:30pm	Game and Activity Time (Under 17 with Adult) 12:30-3:30pm
Table Tennis (Under 17 with Adult) 5:30-7:00pm		Volleyball (16+) 6:00-9:00pm	Youth Room (12-17) 3:00-7:00pm		Volleyball (16+) 2:00-4:00pm	Open Gym (Under 17 with Adult) 12:30-3:30pm
Table Tennis (18+) 7:00-8:30pm			Open Gym (All Ages) 5:30-7:30pm			
Basketball (18+) 7:30-9:00pm						

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