



# Bennetto Community Centre

450 Hughson Street North | 905-546-3747

## Gym Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

[www.hamilton.ca/gym](http://www.hamilton.ca/gym)

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Cardio, Balance and Strength (55+)</b> 10:30 am – 11:30 am *\$3.18 per visit	<b>Open Gym (Parent &amp; Tot)</b> 10:30 am – 12:00 pm	<b>School Gym – FREE (Bennetto School Students Only)</b> 1:15 pm – 1:45 pm	<b>Open Gym (Parent &amp; Tot)</b> 10:30 am – 12:00 pm	<b>Cardio, Balance and Strength (55+)</b> 10:30 am – 11:30 am *\$3.18 per visit	<b>Open Gym (Under 17 w/ Adult) - FREE</b> 12:30 pm – 1:30 pm	--
2	<b>Volleyball (16+)</b> 7:00 pm – 8:45 pm	<b>Soccer (18+)</b> 8:00 pm – 9:00 pm	<b>Basketball (18+)</b> 8:15 pm – 9:45 pm	<b>Pickleball (18+)</b> 12:30 pm – 2:30 pm	<b>School Gym – FREE (Bennetto School Students Only)</b> 1:15 pm – 1:45 pm	<b>Pickleball (18+)</b> 1:45 pm – 3:45 pm	--
3	--	--	--	<b>Open Gym (Under 17 w/ Adult)</b> 5:00 pm – 6:00 pm	<b>Open Gym (13-17 yrs)</b> 5:15 pm – 6:45 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	--	--	--	<b>Pickleball (18+)</b> 6:45 pm – 8:45 pm	<b>Volleyball (18+)</b> 7:00 pm – 8:30 pm	--	--

**Notes:**

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.