



Central Memorial Recreation Centre

93 West Avenue South, Hamilton ON | 905-546-3747

Gym Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Women Only Pickleball (18+) 10:00 am – 12:00 pm	Volleyball (16+) 9:30 am – 11:30 am	Badminton (16+) 8:00 am – 10:00 am	Badminton (16+) 9:30 am – 11:30 am	Pickleball (18+) 9:30 am – 12:30 pm	Basketball (18+) 9:00 am – 11:00 am	Women Only Basketball (18+) 9:45 am – 11:15 am
2	Pickleball (18+) 12:30 pm – 3:30 pm	Basketball (18+) 12:00 pm – 3:00 pm	Basketball (18+) 10:30 am – 1:30 pm	Basketball (18+) 12:00 pm – 3:00 pm	Women Only Pickleball (18+) 1:00 pm – 3:00 pm	Open Gym (17 & Under with Adult) 11:15 am – 12:15 pm	Pickleball (18+) 11:30 am – 1:30 pm
3	Volleyball (16+) 7:00 pm – 9:00 pm	Bridge (55+) 12:00 pm – 4:00 pm	Open Gym (17 & Under with Adult) 4:15 pm – 5:45 pm	Women Only Volleyball (16+) 7:00 pm – 9:00 pm		Bridge (55+) 12:00 pm – 4:00 pm	Open Gym (17 & Under with Adult) 1:45 pm – 3:15 pm
4		Badminton (16+) 5:00 pm – 8:00 pm	Women Only Basketball (18+) 7:00 pm – 9:00 pm			Badminton (16+) 12:30 pm – 2:00 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.