



Dalewood Recreation Centre

1152 Main St. W | 905-546-4946

Gym Schedule Spring 2026

April 7 – June 15, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Badminton (18+) 7:15 pm – 9:15 pm	Pickleball (18+) 6:00 pm – 7:30 pm	Open Gym (Under 17 w/Parent) 6:00 pm – 7:15 pm FREE	Volleyball (18+) 7:15 pm – 9:00 pm	Basketball (18+) 7:15 pm – 9:00 pm	Badminton (18+) 1:30 pm – 3:30 pm	CLOSED
2		Basketball (18+) 7:45 pm – 9:15 pm	Open Gym (13-17) 7:15 pm – 8:15 pm FREE				
			Basketball (18+) 8:15 pm – 9:30 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.

