



# Dundas Lions Memorial Community Centre

10 Market St. S | 905-546-2424 x2260

For the most current schedule information:

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

## Gym Schedule Spring 2026

April 7 – June 28, 2026

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Open Gym (Parent and Tot)</b> 10:00 am – 12:00 pm <b>FREE</b> in partnership with EarlyON	<b>Open Gym (Parent and Tot)</b> 10:00 am – 12:00 pm <b>FREE</b> in partnership with EarlyON	<b>Pickleball (18+)</b> 1:00 pm – 3:30 pm	<b>Badminton (55+)</b> 12:30 pm – 2:30 pm	<b>Pickleball (55+)</b> 12:45 pm – 2:45 pm	<b>Pickleball (18+)</b> 9:30 am – 11:30 am	<b>Volleyball (18+)</b> 11:00 am – 1:00 pm
2	<b>Pickleball (55+)</b> 12:45 pm – 2:45 pm	<b>Badminton (55+)</b> 12:30 pm – 2:30 pm	<b>Open Gym (13-17)</b> 3:45 pm – 5:15 pm <b>FREE</b> in partnership with ROUTES	<b>Badminton (18+)</b> 2:30 pm – 4:30 pm	<b>Pickleball (55+)</b> 3:00 pm – 5:00 pm	<b>Volleyball (18+)</b> 11:45 am – 1:45 pm	

<b>Day/ Activity</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>3</b>	<b>Pickleball (55+)</b> 3:00 pm – 5:00 pm	<b>Badminton (18+)</b> 2:30 pm – 4:30 pm	<b>Pickleball (18+)</b> 5:30 pm – 7:30 pm			<b>Open Gym (Under 17 w/Parent)</b> 2:00 pm – 4:00 pm <b>FREE</b>	

**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.