



# Hill Park Recreation Centre

305 South Bend Road East | 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>Open Gym – (13-17)</b> 8:00 pm – 9:00 pm		<b>Badminton (Under 17 with Adult)</b> 6:00 pm – 7:00 pm	<b>Badminton (18+)</b> 7:45 pm – 8:45 pm	<b>Open Gym (Under 17 with Adult)</b> 6:00 pm – 7:15 pm	<b>Open Gym (All Ages)</b> 9:30 am – 11:30 am	
2			<b>Badminton (18+)</b> 7:15 pm – 9:00 pm		<b>Open Gym (13-17)</b> 7:30 pm – 9:00 pm	<b>Open Gym (Under 17 with Adult)</b> 11:45 am – 1:30 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.