



# Valley Park Community Centre

970 Paramount Drive | 905-546-3747

## Gym Schedule Spring 2026

April 13 – 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>Pickleball (18+)</b> 9:00 am – 1:00 pm	<b>Badminton (18+)</b> 10:45 am – 12:45 pm	<b>Pickleball (18+)</b> 9:00 am – 12:00 pm	<b>Pickleball (18+)</b> 10:00 am – 2:00 pm	<b>Open Gym (Adapted)</b> 12:30 pm – 2:00 pm	<b>Basketball (18+)</b> 12:00 pm – 2:00 pm	<b>Open Gym (17 &amp; under with adult)</b> 12:00 pm – 1:30 pm
2	<b>Open Gym (17 &amp; under with adult)</b> 2:00 pm – 4:00 pm	<b>Open Gym (Parent &amp; Tot) EarlyON</b> 1:00 pm – 3:00 pm	<b>Open Gym (Parent &amp; Tot) EarlyON</b> 1:00 pm – 2:30 pm	--	<b>Open Gym (All ages)</b> 2:30 pm – 4:00 pm	<b>Open Gym (17 &amp; under with adult)</b> 2:15 pm – 4:15 pm	<b>Open Gym (9-12yrs)</b> 2:00 pm – 3:30 pm
3	<b>Open Gym (13-17yrs)</b> 4:45 pm – 6:45 pm	<b>Basketball (13-17yrs)</b> 8:00 pm – 9:30 pm	--	--	<b>Open Gym (17 &amp; under with adult)</b> 4:00 pm – 6:00 pm	--	--
4	<b>Badminton (18+)</b> 7:00 pm – 9:15 pm	--	--	--	<b>Basketball (13-17yrs)</b> 6:15 pm – 8:15 pm	--	--

### Notes:

Valley Park Community Centre

- 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.
- Open Gym (All ages) will be cancelled on April 24<sup>th</sup>, May 29<sup>th</sup>, June 13<sup>th</sup>.
- All gym drop-in programming will be cancelled on June 5<sup>th</sup> due to a PA Day Camp.