



Winona Community Centre

255 Winona Rd. | 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 | Chair Fit (55+) (\$3.18 admission) 11:15 am – 12:15 pm | Pilates (55+) (\$3.18 admission) 9:15 am – 10:15 am | Pickleball (18+) 9:00 am – 10:30 am | Open Gym (Parent & Tot) 1:45 pm – 2:45 pm Free in partnership with EarlyON | Pickleball (18+) 9:00 am – 10:30 am | Open Gym (13-17) 1:00 pm – 2:30 pm Free | Open Gym Family 9:15 am – 10:45 am |
| 2 | Cardio, Balance & Strength (55+) (\$3.18 admission) 12:30 pm – 1:30 pm | Pickleball (18+) 2:30 pm – 4:45 pm | Open Gym (13-17) 3:00 pm – 4:30 pm Free | Pickleball (18+) 3:15 pm – 4:45 pm | Open Gym (Parent & Tot) 11:00 am – 12:00 pm Free in partnership with EarlyON | -- | Volleyball (13-17) 12:15 pm – 1:45 pm |

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|------------------|-------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------|----------|--------|
| 3 | Pickleball (18+) 3:15 pm – 4:45 pm | Game Time Family (All Ages) 5:30 pm – 7:30 pm | Game Time Family (All Ages) 5:30 pm – 7:30 pm | Tai Chi (55+) (\$3.18 admission) 6:15 pm – 7:15 pm | Open Gym (13-17) 5:00 pm – 6:00 pm | -- | -- |
| 4 | Volleyball (16+) 7:30 pm – 9:00 pm | Volleyball (16+) 7:30 pm – 9:00 pm | -- | Basketball (18+) 7:30 pm – 9:00 pm | Basketball (13-17) 6:00 pm – 8:00 pm | -- | -- |
| 5 | -- | -- | -- | -- | Youth Room (12-17) 5:00 pm – 8:00 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.