



Drop-In Women & Girls Programs

Accessible Recreation | 905-546-2424 ext. 6475

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	Open Swim - Dominic Agostino Riverdale Community Centre 6:00 pm – 7:30 pm	--	Open Swim (1 lane) – Dalewood Recreation Centre 7:15 pm – 9:00 pm	Open Swim – Dominic Agostino Riverdale Community Centre 7:15 pm – 8:15 pm	--	Open Swim – Norman Pinky Lewis Recreation Centre 11:15 am – 12:15 pm	Open Swim – Dominic Agostino Riverdale Community Centre 11:30 am – 1:30 pm
2	Open Gym (10-14 years) – Kanetskare Recreation Centre *FREE 7:00 pm – 9:00 pm	--	Basketball (18+) – Central Memorial Recreation Centre 7:00 pm – 9:00 pm	Open Swim (1 lane) – Hill Park Recreation Centre 7:15 pm – 8:15 pm	--	--	Waterfit – Dominic Agostino Riverdale Community Centre 9:15 am – 10:00 am
3	Open Gym (All Ages) – Dominic Agostino	--	--	Waterfit – Hill Park Recreation Centre	--	--	Basketball (18+) – Central Memorial

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Riverdale Community Centre *FREE 6:00 pm – 7:00 pm			8:15 pm – 9:00 pm			Recreation Centre 9:45 am – 11:15 am

Notes:

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- Kanétskare Recreation Centre will be closed on Monday April 7th, 2026.

These programs are open to women/girls of all ages (unless otherwise specified). Supervised by women leaders and, where applicable, will have posted signage and window coverings to ensure privacy. Only those who self-identify as women/girls will be permitted in the program area, including children and infants. Pools may be partitioned to safely accommodate aquatic activities.