



# Drop-In Adapted Programs

Accessible Recreation | 905-546-2424 ext. 6475

## Citywide 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 Swim (Adapted) - Huntington Park Recreation Centre</b> 9:45 am – 10:45 am	<b>Open Swim (Adapted) – Bernie Morelli Recreation Centre</b> 11:00 am – 12:00 pm	<b>Open Swim (Adapted) – Bernie Morelli Recreation Centre</b> 7:15 pm – 8:15 pm	<b>Open Swim (Adapted) – Bernie Morelli Recreation Centre</b> 11:00 am – 12:00 pm	<b>Open Swim (Adapted) – Huntington Park Recreation Centre</b> 9:30 am – 10:30 am	<b>Open Swim (Adapted) – Bernie Morelli Recreation Centre</b> 2:15 pm – 3:15 pm	<b>Open Swim (Adapted) – Huntington Park Recreation Centre</b> 3:00 pm – 4:00 pm
2	<b>Adapted Baseball – Huntington Park Recreation Centre</b> 10:00 am – 11:30 am	<b>Open Swim (Adapted) – Westmount Recreation Centre</b> 1:00 pm – 2:00 pm	<b>Open Swim (Adapted) – Huntington Park Recreation Centre</b> 9:30 am – 10:30 am	<b>Open Swim (Adapted) – Westmount Recreation Centre</b> 1:00 pm – 2:00 pm	<b>Open Gym (Adapted) – Valley Park Community Centre</b> 12:30 pm – 2:00 pm	--	<b>Open Gym (Adapted) – Westmount Recreation Centre</b> *FREE in partnership with All Abilities Allstars 3:45 pm – 5:15 pm

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3</b>	--	--	<b>Open Gym (Adapted) – Bernie Morelli Recreation Centre</b> 12:00 pm – 1:00 pm	<b>Open Gym (Adapted) – Westmount Recreation Centre</b> 11:15 am – 12:15 pm	--	--	<b>Open Swim (Adapted) – Westmount Recreation Centre</b> 4:30 pm – 5:30 pm
<b>4</b>	--	--	<b>Adapted Yoga – Bernie Morelli Recreation Centre</b> (\$3.18 Admission) 9:15 am – 10:15 am	<b>Adapted Yoga – Westmount Recreation Centre</b> (\$3.18 Admission) 10:00 am – 11:00 am	--	--	--

**Notes:**

- Centres will be Closed Monday May 18, 2026 for Victoria Day.
- Adapted Baseball at Huntington Park Recreation Centre will be cancelled on June 22<sup>nd</sup>.

Drop-in adapted programs are offered at various recreation location across the City. These drop-in programs are designed for children, youth, adults and seniors living with additional needs or a disability and their families who benefit from an adapted format program space. If needed, participants should bring their own support person. Support persons are admitted free of charge.

\*Adapted Baseball is an indoor program designed to empower individuals living with additional needs or a disability and their families through an inclusive and supportive introduction to baseball.