



Kanétskare Recreation Centre

251 Duke Street | 905-546-3747

Gym Schedule Spring 2026

April 13 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Gym (Girls Only 10-14 years) FREE 7:00 pm – 9:00 pm	Cardio Dance (55+) 12:30 pm – 1:30 pm *3.18 per visit	Badminton (18+) 8:00 pm – 9:15 pm	Cardio Dance (55+) 10:00 am – 11:00 am *3.18 per visit	Basketball (13-17 years) 6:00 pm – 7:45 pm	Open Gym (17 and Under w/ Adult) - FREE 9:30 am – 11:00 am	--
2	--	Basketball (13-17 years) 8:00 pm – 9:15 pm	--	Chair Pilates (55+) 11:15 am – 12:15 pm *3.18 per visit	Basketball (18+) 7:45 pm – 9:15 pm	Open Gym (9-12) 1:15 pm – 2:15 pm	--
3	--	--	--	--	--	Badminton (18+) 2:15 pm – 3:15 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.

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