

Sir Wilfrid Laurier Recreation Centre

60 Albright Road | 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	Volleyball 16+ 10:00 am – 12:00 pm	Badminton 18+ 10:00 am – 12:00 pm	Pickleball 55+ 10:00 am – 12:00 pm	Volleyball 55+ 10:00 am – 12:00 pm	Basketball 18+ 10:00 am – 12:00 pm	Volleyball 16+ 02:00 pm – 04:00 pm	Open Gym (17 & under with adult) 09:30 am – 11:15 am
2	Badminton 18+ 12:30 pm – 02:45 pm	Pickleball 18+ 12:30 pm – 02:45 pm	Badminton 18+ 12:30 pm – 02:45 pm	Pickleball 18+ 12:30 pm – 02:45 pm	Pickleball 18+ 12:30 pm – 02:45 pm	--	Open Gym (Parent & Tot) 09:30 am – 11:15 am
3	Open Gym 6-13yrs 03:15 pm – 04:30 pm	Open Gym 6-13yrs 03:15 pm – 05:00 pm	Open Gym 14-17yrs 03:15 pm – 04:45 pm	Fitness 55+ 11:15 am – 12:15 pm (\$3.18 admission)	Open Gym (6-13yrs) 03:15 pm – 05:00 pm	--	Pickleball 18+ 11:45 am – 01:45 pm
4	Basketball 18+ 08:00 pm – 09:30 pm	Basketball 14-17yrs 08:00 pm – 09:30 pm	Basketball 18+ 08:00 pm – 09:30 pm	Open Gym (6-13yrs) 03:15 pm – 05:00 pm	Open Gym (17 & under with adult) 05:45 pm – 07:45 pm	--	Basketball (6-13yrs) 02:15 pm – 03:45 pm

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	--	--	--	Volleyball 16+ 08:00 pm – 09:30 pm	Basketball (14-17yrs) 08:00 pm – 09:30 pm	--	Basketball (14-17yrs) 02:15 pm – 03:45 pm
6	--	--	--	--	--	--	Pickleball 18+ 04:15 pm – 06:15 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.
- Drop in Volleyball cancelled on Saturday April 11, 2026