

Valley Park Community Centre

970 Paramount Drive | 905-546-3747



Gym Schedule Spring 2026

April 20 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Pickleball (18+) 9:00 am – 1:00 pm	Badminton (18+) 10:45 am – 12:45 pm	Pickleball (18+) 9:00 am – 12:00 pm	Pickleball (18+) 10:00 am – 2:00 pm	Open Gym (Adapted) 12:30 pm – 2:00 pm	Basketball (18+) 12:00 pm – 2:00 pm	Open Gym (17 & under with adult) 12:00 pm – 1:30 pm
2	Open Gym (17 & under with adult) 2:00 pm – 4:00 pm	Open Gym (Parent & Tot) EarlyON 1:00 pm – 3:00 pm	Open Gym (Parent & Tot) EarlyON 1:00 pm – 2:30 pm	--	Open Gym (All ages) 2:30 pm – 4:00 pm	Open Gym (17 & under with adult) 2:15 pm – 4:15 pm	Open Gym (9-12yrs) 2:00 pm – 3:30 pm
3	Open Gym (13-17yrs) 4:45 pm – 6:45 pm	Basketball (13-17yrs) 8:00 pm – 9:30 pm	--	--	Open Gym (17 & under with adult) 4:00 pm – 6:00 pm	--	--
4	Badminton (18+) 7:00 pm – 9:15 pm	--	--	--	Basketball (13-17yrs) 6:15 pm – 8:15 pm	--	--

Notes:

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- 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.
- Open Gym (All ages) will be cancelled on April 24th, May 29th, June 13th.
- All gym drop-in programming will be cancelled on June 5th due to a PA Day Camp.