



Westmount Recreation Centre

35 Lynbrook Dr. | 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	Pickleball (18+) 6:30 am – 11:00 am	Pickleball (18+) 08:45 am – 11:00 am	Open Gym Parent & Tot (0-5) 9:30 am – 10:30 am	Volleyball (55+) 8:00 am – 9:30 am	Pickleball (18+) 6:30 am – 11:00 am	Badminton (17 & Under with Adult) 9:00 am – 10:30 am	Game and Activity Time (9-12) 9:00 am – 12:00 pm
2	Pickleball (18+) 11:30 am – 2:30 pm	Westmount High Open Gym (12-17) 11:15 am – 2:00 pm *With Valid Student ID*	Table Tennis (18+) 10:30 am – 12:30 pm	Open Gym Parent & Tot (0-5) 9:00 am – 11:00 am	Table Tennis (18+) 10:30 am – 12:30 pm	Game and Activity Time (17 & Under with Adult) 9:00 am – 12:00 pm	Game and Activity Time (17 & Under with Adult) 12:30 pm – 3:30 pm
3	Open Gym (13-17) 3:00 pm – 5:00 pm	Westmount High Youth Room (12-17) 11:15 am – 2:00 pm *With Valid Student ID*	Pickleball (18+) 11:00 am – 2:30 pm	Adapted Yoga (All Ages) 10:00 am – 11:00 am \$3.05 Admission	Westmount High Open Gym (12-17) 11:15 am – 2:00 pm *With Valid Student ID*	Game and Activity Time (9-12) 12:30 pm – 3:30 pm	*Open Gym (Adapted) 3:45 pm – 5:15 pm *In Partnership with All Abilities Allstar

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Youth Room (12-17) 3:00 pm – 7:00 pm	Open Gym (13-17) 3:00 pm – 5:00 pm	Open Gym (13-17) 3:00 pm – 5:00 pm	Open Gym Adapted (All Ages) 11:15 am – 12:15 pm	Westmount High Youth Room (12-17) 11:15 am – 2:00 pm *With Valid Student ID*	Volleyball (16+) 2:00 pm – 4:00 pm	--
5	Open Gym - FREE (17 & Under with Adult) 5:15 pm – 7:15 pm	Volleyball (13-17) 3:00 pm – 5:00 pm	Youth Room (12-17) 3:00 pm – 5:00 pm	Badminton (18+) 12:45 am – 2:45 pm	Open Gym (6-12) 3:00 pm – 5:00 pm	--	--
6	Table Tennis (17 & Under with Adult) 5:30 pm – 7:00 pm	Youth Room (13-17) 3:00 pm – 7:00 pm	Game and Activity Time (17 & Under with Adult) 5:15 pm – 9:00 pm	Open Gym (13-17) 3:00 pm – 5:00 pm	Youth Room (12-17) 3:00 pm – 7:00 pm	--	--
7	Table Tennis (18+) 7:00 pm – 8:00 pm	Badminton (17 & Under with Adult) 6:00 pm – 7:30 pm	Volleyball (16+) 7:30 pm – 9:00 pm	Youth Room (12-17) 3:00 pm – 7:00 pm	Basketball (13-17) 5:15 pm – 6:30 pm	--	--
8	Basketball (18+) 7:30 pm – 9:00 pm	Badminton (18+) 7:30 pm – 9:00 pm	--	Table Tennis (17 & Under with Under) 5:30 pm – 7:00 pm	Basketball (18+) 7:00 pm – 8:30 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	--	--	--	Table Tennis (18+) 7:00 pm – 8:30 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.