



# Valley Park Community Centre

970 Paramount Drive | 905-546-3747

## Gym Schedule Spring 2026

April 7 – June 29, 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>Pickleball</b> (18+) 9:00 am – 1:00 pm	<b>Badminton</b> (18+) 10:45 am – 12:45 pm	<b>Pickleball</b> (18+) 9:00 am – 12:00 pm	<b>Pickleball</b> (18+) 10:00 am – 2:00 pm	<b>Open Gym</b> (Adapted) 12:30 pm – 2:00 pm	<b>Basketball</b> (18+) 12:00 pm – 2:00 pm	<b>Open Gym</b> (17 & under with adult) 12:00 pm – 1:30 pm
2	<b>Open Gym</b> (17 & under with adult) 2:00 pm – 4:30 pm	<b>Open Gym</b> (Parent & Tot) EarlyON 1:00 pm- 3:00 pm	<b>Open Gym</b> (Parent & Tot) EarlyON 1:00 pm- 3:00 pm		<b>Open Gym</b> (All ages) 2:30 pm- 4:00 pm	<b>Open Gym</b> (17 & under with adult) 2:15 am – 4:15 am	<b>Open Gym</b> (9-12yrs) 2:00 pm – 3:30 pm
3	<b>Open Gym</b> (13-17yrs) 4:45 pm- 6:45 pm	<b>Basketball</b> (13-17yrs) 8:00 pm – 9:30 pm			<b>Open Gym</b> (17 & under with adult) 4:00 pm – 6:00 pm		
4	<b>Badminton</b> (18+) 7:00 pm- 9:15 pm				<b>Basketball</b> (13-17yr) 6:15 pm - 8:15 pm		

Name of Recreation Centre

**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.
- All Open Gym (All Ages) will be cancelled on April 24<sup>th</sup>, May 29<sup>th</sup> & June 13<sup>th</sup>.
- All gym drop-in programs will be cancelled on June 5<sup>th</sup> due to a PA Day Camp.
- On Monday June 22, 2026 – Pickleball (18+) and Open Gym (17 & under with adult) are cancelled.