



Bennetto Community Centre

450 Hughson St. N | 905-546-3747

Gym Schedule Summer 2026

June 29 – August 4, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cardio, Balance and Strength (55+) 10:30 am – 11:30am *\$3.29 per visit	Open Gym (17 and Under with Adult) 10:30 am – 12:00 pm	Open Gym (17 and Under with Adult) 5:00 pm – 7:00 pm	Open Gym (17 and Under with Adult) 10:30 am – 12:00 pm	Cardio, Balance and Strength (55+) 10:30 am – 11:30 am *\$3.29 per visit	--	--
2	Open Gym (17 and Under with Adult) FREE 5:00 pm – 6:30 pm	--	Basketball (18+) 7:00 pm – 8:30 pm	Pickleball (18+) 12:30 pm – 2:30 pm	Open Gym (9-12) 5:00 pm – 6:30 pm	--	--
3	Volleyball (16+) 6:45 pm – 8:30 pm	--	--	Open Gym (17 and Under with Adult) 5:00 pm – 6:15 pm	Open Gym (13-17) 06:30 pm – 08:00 pm	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	--	--	--	Pickleball (18+) 6:30 pm – 8:30 pm	--	--	--

Notes:

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will close beginning Tuesday, August 4, 2026 to undergo renovations. The facility is anticipated to reopen in Fall 2026.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.