



# Central Memorial Recreation Centre

93 West Avenue South, Hamilton ON | 905-546-3747

## Gym Schedule Summer 2026

June 29 – September 7, 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 (18+)</b> 1:00 pm – 3:00 pm	<b>Bridge (55+)</b> 12:00 pm – 4:00 pm	<b>Badminton (18+)</b> 1:00 pm – 3:00 pm	<b>Basketball (18+)</b> 12:30 pm – 2:30 pm	<b>Pickleball (18+)</b> 1:00 pm – 3:00 pm	<b>Basketball (18+)</b> 9:00 am – 11:00 am	<b>Womens Only Basketball (18+)</b> 9:45 am – 11:15 am
2	<b>Volleyball (16+)</b> 5:30 pm – 8:30 pm	<b>Basketball (18+)</b> 12:30 pm – 2:30 pm	<b>Open Gym (17U w/Adult)</b> 5:30 pm – 6:30 pm	<b>Womens/Girls Only Volleyball (16+)</b> 5:30 pm – 8:30 pm		<b>Open Gym (17U w/Adult)</b> 11:15 am – 12:15 pm	<b>Pickleball (18+)</b> 11:30 am – 1:30 pm
3		<b>Badminton (16+)</b> 5:00 pm – 8:00 pm	<b>Womens Only Basketball (18+)</b> 6:45 pm – 8:45 pm			<b>Bridge (55+)</b> 12:00 pm – 4:00 pm	
4						<b>Badminton (16+)</b> 12:30 pm – 2:00 pm	--

**Notes:**

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will be closed September 7, 2026 for Labour Day.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.