



Dundas Lions Memorial Community Centre

10 Market St. S | 905-546-2424 x2260

For the most current schedule information:

www.hamilton.ca/gym

Gym Schedule Summer 2026

June 29 – September 7, 2026

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Gym (Parent and Tot) 10:00 am – 12:00 pm FREE in partnership with EarlyON	Open Gym (Parent and Tot) 10:00 am – 12:00 pm FREE in partnership with EarlyON	Open Gym (Under 17 w/Adult) 10:15 am – 11:15 am FREE	Badminton (55+) 12:30 pm – 2:30 pm	Open Gym (Under 17 w/Adult) 10:00 am – 11:00 am FREE	Facility Closed	Facility Closed
2	Pickleball (55+) 12:45 pm – 2:45 pm	Badminton (55+) 12:30 pm – 2:30 pm	Pickleball (18+) 1:00 pm – 3:30 pm	Badminton (18+) 2:30 pm – 4:30 pm	Pickleball (55+) 12:45 pm – 2:45 pm	Facility Closed	Facility Closed
3	Pickleball (55+) 3:00 pm – 5:00 pm	Badminton (18+) 2:30 pm – 4:30 pm	Open Gym (8-12) 3:45 pm – 5:00 pm FREE	Volleyball (18+) 7:00 pm – 9:15 pm	Pickleball (55+) 3:00 pm – 5:00 pm	Facility Closed	Facility Closed

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			In Partnership with ROUTES				

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