



Sir Wilfrid Laurier Recreation Centre

60 Albright Rd | 905-546-3747

Gym Schedule Summer 2026

June 29 – September 7, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Badminton 18+ 12:30 pm – 2:45 pm	Pickleball 18+ 12:30 pm – 2:45 pm	Badminton 18+ 12:30 pm – 2:45 pm	Pickleball 18+ 12:30 pm – 2:45 pm	Pickleball 18+ 12:30 pm – 2:45 pm	Open Gym (17 and under with Adult) 10:00 am – 11:30 am	Open Gym (17 and under with Adult) 9:30 am – 11:00 am
2	Open Gym 6-12 5:30 pm – 7:00 pm	Open Gym (17 and under with Adult) 6:00 pm – 7:00 pm	Basketball 18+ 6:00 pm – 8:00 pm	Volleyball 16+ 6:00 pm – 8:00 pm	Open Gym (17 and under with Adult) 5:30 pm – 7:00 pm	Basketball 18+ 12:00 pm – 2:00 pm	Open Gym Parent and Tot 9:30 am – 11:00 am
3	Basketball 18+ 7:15 pm – 8:45 pm	Open Gym Parent and Tot 6:00 pm – 7:00 pm	--	--	Open Gym 14-17 7:15 pm – 8:45 pm	--	Pickleball 18+ 11:30 am – 1:30 pm

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	--	Open Gym 14-17 7:15 pm – 8:45 pm	--	--	--	--	Open Gym 13-17 2:00 pm – 3:30 pm

Notes:

- Centre will be Closed July 1, 2026 for Canada Day
- Centre will be Closed August 3, 2026 for Civic Holiday
- Centre will 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.