



Westmount Recreation Center

Address | 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	Pickleball (18+) 12:30 pm – 3:30 pm	Badminton (16+) 12:30 pm – 3:30 pm	Parent & Tot Gym FREE (0-5) 10:00 am – 12:00 pm	Badminton (18+) 12:30 pm – 3:30 pm	Pickleball (18+) 12:30 pm – 3:30 pm	Badminton (16+) 9:00 am – 11:30 am	Open Gym (17 and Under with Adult) 9:00 am – 11:30 am
2	Open Gym (17 and Under with Adult) 5:15 pm – 6:45 pm	Game and Activity Time (17 and Under with Adult) 5:15 pm – 8:45 pm	Pickleball (18+) 12:30 pm – 3:30 pm	Volleyball (55+) 12:30 pm – 3:30 pm	Game and Activity Time (17 and Under with Adult) 5:15 pm – 8:45 pm	Badminton (17 and Under with Adult) 9:00 am – 11:30 am	Game and Activity Time (6-12) 9:00 am – 12:00 pm
3	Youth Room (12-17) 5:15 pm – 8:45 pm	Open Gym (13-17) 7:15 pm – 8:45 pm	Volleyball (13-17) 5:15 pm – 7:00 pm	Game and Activity Time (17 and Under with Adult) 5:15 pm – 8:45 pm	Basketball (13-17) 6:00 pm – 8:00 pm	Game and Activity Time (17 and Under with Adult) 9:00 am – 12:00 pm	Pickleball (16+) 12:00 pm – 3:30 pm

Name of Recreation Centre

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Table Tennis (18+) 6:30 pm – 8:30 pm		Youth Room (12-17) 5:15 pm – 8:45 pm	Table Tennis (18+) 6:30 pm – 8:30 pm		Volleyball (16+) 12:00 pm – 3:00 pm	Game and Activity Time (17 and Under with Adult) 12:30 pm – 3:30 pm
5	Basketball (18+) 7:00 pm – 8:30 pm		Volleyball (18+) 7:15 pm – 8:45 pm			Game and Activity Time (6-12) 12:30 pm – 3:30 pm	*Open Gym (Adapted) 3:15pm – 5:15 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.