



# Westmount Recreation Centre

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

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

**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.