



Kanétskare Recreation Centre

251 Duke St. | 905-546-3111

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		Cardio Dance 55+ 12:30 pm – 1:30 pm		Cardio Dance 55+ 10:15 am – 11:15 am			

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.