



Centre Name: Dalewood Recreation Centre
Address: 1152 Main St W
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



| GYM SCHEDULE – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024 | | | | | | |
|--|---|---|---|---|--|---------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Badminton (18+) 7:45pm-9:15pm | Pickleball (18+) 6:00pm-7:30pm | Open Gym (Family) 6:00pm-7:30pm FREE | Volleyball (18+) 7:30pm-9:00pm | Open Gym (13-17) 6:00pm-7:30pm | Badminton (18+) 1:30pm-3:30pm | CLOSED |
| | Basketball (18+) 7:45pm-9:15pm | Basketball (18+) 7:30pm-9:00pm | | Basketball (18+) 7:30pm-9:00pm | | |

NOTES: Centre will be Closed April 1, 2024 (Easter Monday) and May 20, 2024 (Victoria Day)

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.