



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr.
Phone: 905-546-2424 Ext. 1114

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
Pickleball (18+) 9:00am-1:00pm	Badminton (18+) 10:45am-12:45pm	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 11:00am-3:00pm	Open Gym (adapted) 12:30pm-2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (Family) 12:00pm-1:45pm
Open Gym (Family) 2:00pm-4:30pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm	Open Gym (Parent & tot) EarlyON 1:00pm-2:30pm		Open Gym (All Ages) 2:30pm-4:00pm	Open Gym (Family) 2:15pm-4:15pm	Open Gym (13-17) 2:00pm-3:30pm
Open Gym (13-17) 4:45pm-6:45pm	Basketball (13-17) 8:00pm-9:30pm			Open Gym (Family) 4:00pm-6:00pm		
Badminton (18+) 7:00pm-9:15pm				Basketball (13-17) 6:15pm-8:15pm		

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.

June 24 – Pickleball (18+) and Open Gym (Family) is cancelled

June 26 – Open Gym (Parent & tot) EarlyON is cancelled

June 28 – Open Gym (adapted) is cancelled