



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke St
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
Cardio, Balance and Strength (55+) 12:45pm-1:45pm \$2.50 per session	Basketball (13-17) 8:00pm-9:15pm			Basketball (13-17) 6:00pm-7:45pm	Open Gym (Family) 9:30am-11:30am FREE	<u>CLOSED</u>
Chair Fit (55+) 1:45pm-2:45pm \$2.50 per session		Cardio, Balance and Strength (55+) 12:45pm-1:45pm \$2.50 per session		Basketball (18+) 7:45pm-9:30pm		
		Chair Yoga (55+) 1:45pm-2:45pm \$2.50 per session				
		Badminton (18+) 8:00pm-9:30pm				

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.