

YOUTH REC WEEK

July 17 - 23, 2023

Join us for a week of exciting **FREE** events for young people (12 - 17 years old) in Hamilton, and learn more about recreation employment and training opportunities.

Date	Event Name	Time	Location	Notes
Monday July 17, 2023	Employment 411 (Day 1)	10am - 3pm	Central Memorial Recreation Centre	Registration Required
	Lawn Games	12 - 2pm	Huntington Park Recreation Centre	Drop-In Program
	Kick Ball	2:30 - 4:30pm	Huntington Park Recreation Centre	Drop-In Program
	Outdoor Yoga	5 - 6pm	HAAA Park	Drop-In Program
	Virtual Escape Room	6:15 - 7:15pm	Ryerson Recreation Centre	Registration Required
	Outdoor Cardio Dance	7:30 - 8:30pm	HAAA Park	Drop-In Program
	Supie Van	10:30am - 12pm	Riverdale East & Roxborough Parks	Drop-In Program
	Supie Van	1:30 - 3pm	Sam Manson & Lucy Day Parks	Drop-In Program
Tuesday July 18, 2023	Employment 411 (Day 2)	10am - 3pm	Central Memorial Recreation Centre	Registration Required
	Resume Building Workshop in partnership with Girls E Mentorship	11:30am - 1:30pm	Bernie Morelli Recreation Centre	Registration Required
	Opportunities Fair	2:30 - 5:30pm	Central Memorial Recreation Centre	Drop-In Program
	Basketball Tournament	6 - 9pm	Central Memorial Recreation Centre	Registration Required
	Basketball Tournament	6 - 9pm	Valley Park Community Centre	Registration Required
	Supie Van	10:30am - 12pm	Glanbrook Hills & SouthHampton Estates Parks	Drop-In Program
	Supie Van	1:30 - 3pm	Mount Hope & Kennedy East Parks	Drop-In Program
Wednesday July 19, 2023	HIGH FIVE - Principles of Healthy Childhood Development	1 - 5pm	Virtual (must have webcam and microphone access)	Registration Required
	Dodgeball	2:30 - 4:30pm	Bennetto Community Centre	Drop-In Program
	Paint Night by Paint it Priti	6 - 8pm	Westmount Recreation Centre	Registration Required
	Virtual Escape Room	8:30 - 9:30pm	Westmount Recreation Centre	Registration Required
	Supie Van	10:30am - 12pm	Dundas Driving & Gatesbury Parks	Drop-In Program
	Supie Van	1:30 - 3pm	Churchill & McLaren Parks	Drop-In Program
Thursday July 20, 2023	Super Smash Bros Tournament	2 - 4pm	Bernie Morelli Recreation Centre	Registration Required
	Recreation Job Application Help	4:30 - 7:30pm	Bernie Morelli Recreation Centre	Drop-In Program
	Card Making Workshop	5:30 - 7:30pm	Valley Park Community Centre	Registration Required
	Outdoor Cardio Dance	8 - 9pm	Valley Park Community Centre	Drop-In Program
	Learn to Skateboard	8 - 9pm	Valley Park Community Centre	Registration Required
	Supie Van	10:30am - 12pm	Belview & Eastwood Parks	Drop-In Program
	Supie Van	1:30 - 3pm	AM Cunningham & HAAA Parks	Drop-In Program
Friday July 21, 2023	Resume Review	3 - 5pm	Ancaster Rotary Centre	Drop-In Program
	Volleyball Tournament	6 - 9pm	Ancaster Rotary Centre	Registration Required
	Lawn Games	6:30 - 8:30pm	Riverdale Community Centre	Drop-In Program
	Outdoor Cardio Dance	7:30 - 8:30pm	Riverdale Community Centre	Drop-In Program
	Outdoor Movie Night by PGG Media Group	8:30 - 10:30pm	Riverdale Community Centre	Drop-In Program
	Supie Van	10:30am - 12pm	Andy Warburton & Gourley Parks	Drop-In Program
	Supie Van	1:30 - 3pm	North Central Community & Burkholder Parks	Drop-In Program
Saturday July 22, 2023	Standard First Aid with CPR-C (Day 1)	9am - 5pm	Bennetto Community Centre	Registration Required
	Badminton Tournament	12 - 3pm	Westmount Recreation Centre	Registration Required
	Super Smash Bros Tournament	12:30 - 2:30pm	Westmount Recreation Centre	Registration Required
	Board Games presented by Mancala Monk Board Game Café	5 - 7pm	Bennetto Community Centre	Drop-In Program
	Coffee House	7 - 10pm	Bennetto Community Centre	Registration Required
Sunday July 23, 2023	Standard First Aid with CPR-C (Day 2)	9am - 5pm	Bennetto Community Centre	Registration Required

For programs that require registration, email youth.recreation@hamilton.ca

hamilton.ca/youthrec



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