



**Centre Name:** Bennetto Recreation Centre  
**Address:** 451 Hughson Street. North  
**Phone:** 905 546 3747

**For real time program info:**  
[hamilton.ca/gym](http://hamilton.ca/gym)



<b>GYM SCHEDULE – SUMMER 2024 – July 2, 2024 – September 1, 2024</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Cardio, Balance &amp; Strength</b> (55+) 10:00am – 11:00am	<b>Open Gym</b> (Parent & Tot) 10:30am-12:00pm	<b>Open Gym</b> (13-17years) 7:00pm-8:30pm	<b>Open Gym</b> (Parent & Tot) 10:30am-12:00pm	<b>Cardio, Balance &amp; Strength</b> (55+) 10:00am – 11:00am		
<b>Open Gym</b> (9-12 Years) 5:30pm-7:00pm			<b>Pickleball</b> (18+) 12:30pm-2:30pm	<b>Open Gym</b> (9-12 Years) 5:15pm-6:45pm		
<b>Open Gym</b> (13-17years) 7:00pm-8:30pm			<b>Open Gym</b> (Family) 5:00pm-6:30pm	<b>Open Gym</b> (Family) 7:00pm-8:30pm		
			<b>Pickleball</b> (18+) 6:45pm – 8:45pm			

**NOTES: Centre will be Closed July 1, 2024 (Canada Day), August 5, 2024 (Civic Holiday) and September 2, 2024 (Labour Day)**  
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.