



Centre Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr, Hamilton
Phone: 905 546 3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SUMMER 2024 – July 2, 2024 – September 1, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 12:30 – 3:30pm	Badminton (18+) 12:30 – 3:30pm	Open Gym Parent and Tot (0 - 5) 9:30 – 11:30am	Open Gym Youth (13 - 17) 12:00 – 1:30pm	Pickleball (18+) 12:30 – 3:30pm	Volleyball (16+) 12:00 – 2:00pm	Pickleball (18+) 12:00 – 3:00pm
Open Gym - Family (All Ages) 5:15 – 6:45pm	Open Gym - Youth (13-17) 7:15 – 8:45pm	Pickleball (18+) 12:30 – 3:30pm	Volleyball (55+) 2:00 – 3:30pm	Basketball (13 - 17) 6:00 – 7:30pm		
Basketball (18+) 7:00 – 8:30pm		Volleyball (13 - 17) 5:15 – 7:00pm	Badminton (18+) 2:00 – 3:30pm			
Table Tennis (18+) 6:30 – 8:30pm		Volleyball (16+) 7:15 – 8:45pm	Table Tennis (18+) 6:30 – 8:30pm			

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.