



**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 – August 24th, 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 (55+)</b> 10:00am – 11:00am	<b>Open Gym (Parent &amp; Tot)</b> 10:30am-12:00pm	<b>Open Gym (13-17years)</b> 7:00pm-8:30pm	<b>Open Gym (Parent &amp; Tot)</b> 10:30am-12:00pm	<b>Cardio, Balance &amp; Strength (55+)</b> 10:00am – 11:00am	<b>Open Gym (Family) (Free)</b> 12:00pm – 1:30pm	
<b>Open Gym (9-12 Years)</b> 5:30pm-7:00pm			<b>Pickleball (18+)</b> 12:30pm-2:30pm	<b>Open Gym (9-12 Years)</b> 5:15pm-6:45pm		
<b>Open Gym (13-17years)</b> 7:00pm-8:30pm			<b>Open Gym (Family)</b> 5:00pm-6:30pm	<b>Open Gym (Family)</b> 7:00pm-8:30pm		
			<b>Pickleball (18+)</b> 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). Bennetto will be closed August 26 through to September 16, 2024 for annual maintenance shutdown. Centre will re-open Tuesday September 17, 2024.**

For information on swim admission criteria and supervision requirements:

<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>