



**Centre Name:** Westmount Recreation Centre  
**Address:** 35 Lynbrook Dr, Hamilton  
**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>Pickleball</b> (18+) 12:30 – 3:30pm	<b>Badminton</b> (18+) 12:30 – 3:30pm	<b>Open Gym Parent and Tot</b> (0 - 5) 9:30 – 11:30am	<b>Open Gym - Adapted</b> (All Ages) 11:15 – 12:15pm	<b>Pickleball</b> (18+) 12:30 – 3:30pm	<b>Volleyball</b> (16+) 12:00 – 2:00pm	<b>Pickleball</b> (18+) 12:00 – 3:00pm
<b>Open Gym - Family</b> (All Ages) 5:15 – 6:45pm	<b>Open Gym - Youth</b> (13-17) 7:15 – 8:45pm	<b>Pickleball</b> (18+) 12:30 – 3:30pm	<b>Open Gym Youth</b> (13 - 17) 12:00 – 1:30pm	<b>Basketball</b> (13 - 17) 6:00 – 7:30pm		
<b>Basketball</b> (18+) 7:00 – 8:30pm		<b>Volleyball</b> (13 - 17) 5:15 – 7:00pm	<b>Volleyball</b> (55+) 2:00 – 3:30pm			
<b>Table Tennis</b> (18+) 6:30 – 8:30pm		<b>Volleyball</b> (16+) 7:15 – 8:45pm	<b>Badminton</b> (18+) 2:00 – 3:30pm			
			<b>Table Tennis</b> (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), Volleyball Programs are cancelled on Wednesday July 17<sup>th</sup> due to a special program.

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.