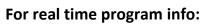


Centre Name: Dundas Lions Memorial Community Centre

Address: 10 Market St. S **Phone:** 905-546-3747



me program info: hamilton.ca/gym 🔳

GYM SCHEDULE - FALL 2024 - September 3, 2024 - December 22, 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Pickleball (18+) 1:30pm – 3:30pm	Badminton (55+) 12:30pm-2:30pm	Pickleball (55+) 12:30pm-2:30pm	Open Gym (Family) 11:30am-1:30pm	Volleyball (18+) 11:00am-1:00pm
Badminton (55+)	Open Gym (Family) FREE	Badminton (18+)	Pickleball (55+)	Pickleball (18+)	
12:30pm-2:30pm	3:45pm – 5:15pm	2:30pm-4:30pm	2:30pm-4:30pm	2:00-4:00pm	
Badminton (18+)	Pickleball (18+)	****Pickleball**** (18+)			
2:30pm-4:30pm	5:30pm-7:30pm				
	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn Badminton (55+) 12:30pm-2:30pm Badminton	Open Gym (Parent & Tot) 10:00am-12:00pm	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn Pickleball (18+) 1:30pm - 3:30pm Badminton (55+) 12:30pm-2:30pm Badminton (55+) 12:30pm-2:30pm Open Gym (Family) FREE 3:45pm - 5:15pm Badminton (18+) 2:30pm-4:30pm Badminton (18+) Pickleball (18+) ****Pickleball*****	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn Pickleball (18+) 1:30pm - 3:30pm Badminton (55+) 12:30pm-2:30pm Pickleball (55+) 12:30pm-2:30pm Badminton (55+) 12:30pm-2:30pm Open Gym (Family) FREE 3:45pm - 5:15pm Badminton (18+) 2:30pm-4:30pm Pickleball (55+) 2:30pm-4:30pm Badminton (18+) 2:30pm-4:30pm Pickleball (55+) 2:30pm-4:30pm 2:30pm-4:30pm *****Pickleball**** (55+) 2:30pm-7:00pm *****Pickleball**** (55+) *****Pickleball**** (55+)	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn Pickleball (18+) 1:30pm - 3:30pm Badminton (55+) 12:30pm-2:30pm Pickleball (55+) 12:30pm-2:30pm Open Gym (Family) 12:30pm-2:30pm Pickleball (55+) 12:30pm-2:30pm Pickleball (55+) (18+) 2:30pm-4:30pm Pickleball (55+) 2:30pm-4:30pm Pickleball (55+) 2:30pm-4:30pm Pickleball (18+) 2:30pm-4:30pm Pickleball (18+) 2:30pm-4:30pm Pickleball (18+) 2:30pm-4:30pm Pickleball (18+) 2:30pm-4:30pm Pickleball (18+) 2:30pm-7:30pm 2:30pm-4:30pm ****Pickleball**** (55+) ****Pickleball**** (55+) ****Pickleball**** (55+)

NOTES: Centre will be Closed October 14, 2024 (Thanksgiving). Drop In programs will not be available November 1,2 or 3rd.

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

******Pickleball on Thursday Nights will conclude on October 3rd.******