



Centre Name: Dundas Lions Memorial Community Centre
Address: 10 Market St. S
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym 

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	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
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	Pickleball (18+) 2:00-4:00pm	
Pickleball (55+) 2:30pm-4:30pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (18+) 5:30pm-7:30pm	****Pickleball**** (18+) 5:00pm – 7:00pm			
			****Pickleball**** (55+) 7:00pm – 9:00pm			

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.*****