



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr
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
Pickleball (18+) 9:00am-1:00pm	Badminton (18+) 10:45am-12:45pm	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 11:00am-3:00pm	Open Gym (adapted) 12:30pm-2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (Family) 12:00pm-1:30pm
Open Gym (Family) 2:00pm- 4:30pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm	Open Gym (Parent & tot) EarlyON 1:00pm-2:30pm		Open Gym (All Ages) 2:30pm-4:00pm Every Other Week Only No Open Gym: Sept 13,27, Oct 11, 25, Nov 15, 29, Dec 13, 20	Open Gym (Family) 2:15pm- 4:15pm	Open Gym (9-12yrs) 2:00pm-3:30pm
Open Gym (13-17yrs) 4:45 pm-6:45pm	Basketball (13-17yrs) 8:00pm-9:30pm			Open Gym (Family) 4:00pm- 6:00pm		
Badminton (18+) 7:00pm-9:15pm				Basketball (13-17yrs) 6:15pm-8:15pm		

NOTES: Centre will be Closed October 14, 2024 (Thanksgiving)

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

Gym programs cancelled between 8am-6pm on Nov 1, Dec 27 & Dec 30, 2024.