



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke St
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – FALL 2024 – October 7, 2024 – December 22, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance and Strength (55+) 12:45-1:45pm *\$3.05 per visit	Basketball (13-17) 8:00pm-9:15pm	Cardio, Balance and Strength (55+) 12:45pm-1:45pm *\$3.05 per visit		Basketball (13-17) 6:00pm-7:45pm	Open Gym (Family) 9:45am – 10:45am FREE	CLOSED
Chair Fit (55+) 1:45pm-2:45pm *\$3.05 per visit		Chair Yoga (55+) 1:45pm-2:45pm *\$3.05 per visit		Basketball (18+) 7:45pm-9:15pm		
		Badminton (18+) 8:00pm-9:15pm				

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.

*Price subject to change