



Centre Name: Dalewood Recreation Centre
Address: 1152 Main St W
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – FALL 2024 – October 7 th - December 22, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (18+) 7:45-9:15pm	Pickleball (18+) 6:00-7:30pm	Open Gym (Family) 6:00-7:30pm FREE	Volleyball (18+) 7:15-9:00pm	Open Gym (13-17) 6:00-7:30pm	Badminton (18+) 1:15-3:45pm	CLOSED
	Open Gym (18+) 7:45-9:15pm	Basketball (18+) 7:30-9:00pm		Open Gym (18+) 7:30-9:00pm		

NOTES: Centre will be Closed September 28th, 2024 and October 14, 2024 (Thanksgiving)

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