



**Centre Name:** Kanétskare Recreation Centre  
**Address:** 251 Duke Street  
**Phone:** 905-546-3111

**For real time program info:**  
[hamilton.ca/gym](http://hamilton.ca/gym)



GYM SCHEDULE – HOLIDAY 2024 – December 23, 2024 – January 5, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cardio, Balance and Strength</b> (55+) 12:45-1:45pm *\$3.05 per visit		Closed December 25 and January 1				Closed
<b>Chair Fit</b> (55+) 1:45pm-2:45pm *\$3.05 per visit						

**NOTES: Centre will be Closed December 25, 2024 (Christmas), December 26, 2024 (Boxing Day) and January 1, 2025 (New Years Day).  
 Centre will be closed at 4pm on December 24, 2024 and December 31, 2024**

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