



Centre Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr.
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – HOLIDAY 2024 – December 23, 2024 – January 5, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 8:30-11:30am Cancelled Dec 23	Pickleball (18+) 8:45-11:00am		Volleyball (55+) 8:00-9:30am	Pickleball (18+) 6:30-11:00am Cancelled Dec 27	Badminton (Family) 10:30am-12:30pm	
Pickleball (18+) 12:00-2:30pm	Open Gym (Family) 11:30am-1:30pm		Open Gym Parent & Tot (0 - 5) 10:00-11:00am	Table Tennis (18+) 10:30am-12:30pm Cancelled Dec 27	Game and Activity Time (Family) 10:30am-12:30pm	
Open Gym (6-12) 3:00-5:00pm	Open Gym (13-17) 1:30-3:30pm		Adapted Yoga (All Ages) 10:00 – 11:00am \$3.05 Admission	Open Gym (6-12) 3:00-5:00pm	Game and Activity Time (9-12) 12:30-3:30pm	
Open Gym - FREE (Family) 5:15-7:15pm			Open Gym Adapted (All Ages) 11:15 – 12:15pm	Youth Room (12-17) 3:00-7:00pm	Open Gym (Family) 12:45-1:45pm	
Basketball (13-17) 5:30-7:30pm			Badminton (18+) 12:45-2:45pm	Basketball (13-17) 5:15-6:45pm	Volleyball (16+) 2:00-4:00pm	
Table Tennis (Family) 6:30-8:30pm			Open Gym (13-17) 3:00-4:00pm	Basketball (18+) 7:00-8:30pm		
Basketball (18+) 7:30-9:00pm			Youth Room (12-17) 3:00-7:00pm			

**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.