



Centre Name: Bennetto Recreation Centre
Address: 450 Hughson Street. North.
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 10:00am – 11:00am	Open Gym (Parent & Tot) 10:30am – 12:00pm	Basketball (18+) 7:30pm-9:00pm	Open Gym (Parent & Tot) 10:30am – 12:00pm	Cardio, Balance & Strength (55+) 10:00am – 11:00am	Open Gym - FREE (Family) 12:00pm – 1:30pm	
Open Gym (Family) 5:00pm – 6:30pm			Pickleball (18+) 12:30pm – 2:30pm	Open Gym (13-17 years) 5:15pm – 6:45pm	Pickleball (18+) 1:45pm – 3:45pm	
Volleyball (18+) 6:45pm – 8:45pm			Open Gym (9-12 years) 5:00pm – 6:30pm	Soccer (18+) 7:00pm -8:30pm		
			Pickleball (18+) 6:45pm – 8:45pm			

NOTES: Bennetto Centre will be closed on February 17, 2025 (Family Day)

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