

Centre Name: Central Memorial Address: 93 West Avenue South

Phone: 905-546-3747

For real time program info:

hamilton.ca/gym



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym	Basketball	Basketball	Pickleball	Basketball	Pickleball
(Family)	(18+)	(18+)	(18+)	(18+)	(18+)
9:45-11:15am	10:30am-12:30pm	11:30am-1:30pm	10:30am-1:30pm	9:00-11:00am	11:30am-2:30pm
Basketball (18+) 11:30am-1:30pm	Basketball (18+) 5:00-7:00pm	Games & Activity Time (55+) 5:15-7:15pm		Open Gym (Family) 11:15am-12:15pm	
Bridge	Soccer	Volleyball		Bridge	
(55+)	(18+)	(18+)		(55+)	
12:00-4:00pm	7:30-9:00pm	5:15-7:15pm		12:00-4:00pm	
Badminton				Badminton	
(16+)				(16+)	
5:00-8:00pm				12:30-2:00pm	
	Open Gym (Family) 9:45-11:15am Basketball (18+) 11:30am-1:30pm Bridge (55+) 12:00-4:00pm Badminton (16+)	Open Gym Basketball (Family) (18+) 9:45-11:15am 10:30am-12:30pm Basketball Basketball (18+) (18+) 11:30am-1:30pm 5:00-7:00pm Bridge Soccer (55+) (18+) 12:00-4:00pm 7:30-9:00pm Badminton (16+)	Open Gym (Family) Basketball (18+) Basketball (18+) 9:45-11:15am 10:30am-12:30pm 11:30am-1:30pm Basketball (18+) 11:30am-1:30pm Basketball (18+) 5:00-7:00pm Games & Activity Time (55+) 5:15-7:15pm Bridge (55+) (18+) 12:00-4:00pm Soccer (18+) 7:30-9:00pm Volleyball (18+) 5:15-7:15pm Badminton (16+) Time (18+) 7:30-9:00pm 5:15-7:15pm	Open Gym (Family) Basketball (18+) Basketball (18+) Pickleball (18+) 9:45-11:15am 10:30am-12:30pm 11:30am-1:30pm 10:30am-1:30pm Basketball (18+) (18+) 11:30am-1:30pm Basketball (18+) 5:00-7:00pm Games & Activity Time (55+) 5:15-7:15pm Bridge (55+) (18+) 12:00-4:00pm Soccer (18+) 7:30-9:00pm Volleyball (18+) 5:15-7:15pm Badminton (16+) 7:30-9:00pm 5:15-7:15pm	Open Gym (Family) Basketball (18+) Basketball (18+) Pickleball (18+) Basketball (18+) Basketball (18+) (18+) Basketball (18+) Open Gym (Family) Basketball (18+) (18+) Games & Activity Time (55+) Open Gym (Family) (Family) 11:30am-1:30pm 5:00-7:00pm 5:15-7:15pm Bridge (55+) Bridge (55+) (55+) (18+) (18+) (55+) 12:00-4:00pm 7:30-9:00pm 5:15-7:15pm Badminton (16+)

NOTES: 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.