



Centre Name: Dalewood Recreation Centre

Address: 1152 Main St W

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 |
|---------------------------------------|--|--|--|--|---------------------------------------|---------------|
| Badminton (18+) 7:45-9:15pm | Open Gym (18+) 6:00-7:30pm | Open Gym (Family) 6:15-7:45pm FREE | Volleyball (18+) 7:15-9:00pm | Open Gym (13-17) 6:00-7:30pm | Badminton (18+) 1:15-3:30pm | CLOSED |
| | Pickleball (18+) 7:45-9:15pm | Basketball (18+) 7:45-9:15pm | | Open Gym (18+) 7:45-9:15pm | | |

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

There will be no GYM programming on March Break (March 10-16)

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