

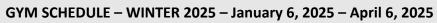
Centre Name: Dalewood Recreation Centre

Address: 1152 Main St W

Phone: 905-546-3747

For real time program info:

hamilton.ca/gym



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.