



Centre Name: Kanetskare Recreation Centre
Address: 251 Duke Street
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+) 12:45pm – 1:45pm	Basketball (13-17 years) 8:00pm – 9:15pm	Cardio, Balance & Strength (55+) 12:45pm – 1:45pm		Basketball (13-17 years) 6:00pm – 7:45pm	Open Gym - FREE (Family) 9:30am – 10:45am	
Chair Fit (55+) 1:45pm – 2:45pm		Chair Yoga (55+) 1:45pm – 2:45pm		Basketball (18+) 7:45pm – 9:15pm		
		Badminton (18+) 8:00pm – 9:15pm				

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.