



**Centre Name:** Valley Park Community Centre  
**Address:** 970 Paramount Dr  
**Phone:** 905-546-3747

**For real time program info:**  
[hamilton.ca/gym](http://hamilton.ca/gym)



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pickleball</b> (18+) 9:00am-1:00pm	<b>Badminton</b> (18+) 10:45am-12:45pm	<b>Pickleball</b> (18+) 9:00am-12:00pm	<b>Pickleball</b> (18+) 11:00am-3:00pm	<b>Open Gym</b> (adapted) 12:30pm-2:00pm	<b>Basketball</b> (18+) 12:00pm-2:00pm	<b>Open Gym</b> (Family) 12:00pm-1:45pm
<b>Open Gym</b> (Family) 2:00pm- 4:30pm	<b>Open Gym</b> (Parent & tot) EarlyON 1:00pm-3:00pm	<b>Open Gym</b> (Parent & tot) EarlyON 1:00pm-3:00pm		<b>Open Gym</b> (All Ages) 2:30pm-4:00pm <b>No Open Gym</b> <b>on: Jan 17, 31,</b> <b>Feb 14, 21, Mar</b> <b>21, 28</b>	<b>Open Gym</b> (Family) 2:15pm- 4:15pm	<b>Open Gym</b> (9-12yrs) 2:00pm-3:30pm
<b>Open Gym</b> (13-17yrs) 4:45 pm-6:45pm	<b>Basketball</b> (13-17yrs) 8:00pm-9:30pm			<b>Open Gym</b> (Family) 4:00pm- 6:00pm		
<b>Badminton</b> (18+) 7:00pm-9:15pm				<b>Basketball</b> (13-17yrs) 6:15pm-8:15pm		

**NOTES: Centre will be on a modified schedule on February 17, 2025 (Family Day)**

**Centre will be on a modified schedule From March 10-16, 2025 (March Break)**

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