



Centre Name: Dalewood Recreation Centre

For real time program info:

Address: 1152 Main St W

[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>Badminton (18+)</b> 7:45-9:15pm	<b>Pickleball (18+)</b> 6:00-7:30pm	<b>Open Gym (Family)</b> 6:15-7:45pm <b>FREE</b>	<b>Volleyball (18+)</b> 7:15-9:00pm	<b>Open Gym (13-17)</b> 6:00-7:30pm	<b>Badminton (18+)</b> 1:15-3:30pm	<b>CLOSED</b>
	<b>Open Gym (18+)</b> 7:45-9:15pm	<b>Basketball (18+)</b> 7:45-9:15pm		<b>Open Gym (18+)</b> 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.