



Centre Name: Dundas Lions Memorial Community Centre
Address: 10 Market St. S
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
Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Pickleball (18+) 1:30pm – 3:30pm	Badminton (55+) 12:30pm-2:30pm	Pickleball (55+) 1:00pm-3:00pm	Open Gym (Family) 11:30am-1:30pm FREE	Volleyball (18+) 11:00am-1:00pm
Pickleball (55+) 1:00pm-3:00pm	Badminton (55+) 12:30pm-2:30pm	Open Gym (Family) 3:45pm – 5:15pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (55+) 3:00pm-5:00pm	Pickleball (18+) 2:00-4:00pm	
Pickleball (55+) 3:00pm-5:00pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (18+) 5:30pm-7:30pm	Badminton (Family) 4:45pm-5:45pm			

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.