



**Centre Name:** Westmount Recreation Centre  
**Address:** 35 Lynbrook Dr.  
**Phone:** 905-546-3747

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



<b>GYM SCHEDULE – MARCH BREAK 2025 – MARCH 10, 2025 – MARCH 16, 2025</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Pickleball</b> (18+) 12:00-2:30pm	<b>Open Gym</b> (All Ages) 12:00-2:30pm	<b>Open Gym Parent &amp; Tot</b> (0 - 5) 9:30-10:30am	<b>Adapted Yoga</b> (All Ages) 10:00 – 11:00am \$3.05 Admission	<b>Youth Room</b> (12-17) 3:00-7:00pm	<b>Badminton</b> (Family) 9:00-10:30am	<b>Game and Activity Time</b> (9-12) 9:00am-12:00pm
<b>Open Gym - FREE</b> (Family) 5:15-7:15pm	<b>Youth Room</b> (12-17) 3:00-7:00pm	<b>Table Tennis</b> (18+) 10:30-12:30pm	<b>Open Gym Adapted</b> (All Ages) 11:15 – 12:15pm	<b>Basketball</b> (13-17) 5:15-6:45pm	<b>Game and Activity Time</b> (Family) 9:00am-12:00pm	<b>Game and Activity Time</b> (Family) 12:30-3:30pm
<b>Basketball</b> (13-17) 5:30-7:30pm		<b>Pickleball</b> (18+) 11:00am-2:30pm	<b>Badminton</b> (18+) 12:45-2:45pm	<b>Basketball</b> (18+) 7:00-8:30pm	<b>Game and Activity Time</b> (9-12) 12:30-3:30pm	
<b>Table Tennis</b> (Family) 6:30-8:30pm		<b>Game and Activity Time</b> (Family) 5:15 – 9:00pm	<b>Youth Room</b> (12-17) 3:00-7:00pm		<b>Volleyball</b> (16+) 2:00-4:00pm	
<b>Basketball</b> (18+) 7:30-9:00pm		<b>Volleyball</b> (16+) 7:30-9:00pm	<b>Open Gym</b> (Family) 5:30-7:30pm			