

Family Day Gym / Swims

Monday, February 17, 2025



Open Swim / Gym programs available at select centres across the City of Hamilton.

Location	Gym	Swim
Bennetto Community Centre	Open Gym (Family) 10:00am - 1:30pm	Open Swim 18+ 10:00 - 11:45am
		Open Swim 12:00 - 1:30pm
Bernie Morelli Recreation Centre	Open Gym (Parent and Tot) 10:15 - 11:45am	Open Swim (Family) 11:00am - 12:45pm
	Open Gym (Family) 1:00 - 3:00pm	Open Swim 1:15 - 3:00pm
		Open Swim (Family) 2:00 - 3:00pm
Stoney Creek Recreation Centre		Open Swim 18+ 11:30am - 12:30pm
		Open Swim 1:00 - 3:00pm
Valley Park Community Centre	Open Gym (Family) 12:15 - 1:45pm	Lengths / Open Swim 18+ 12:00 - 1:30pm
	Open Gym 1:45 - 4:00pm	Open Swim 2:00 - 4:00pm
Westmount Community Centre	Open Gym (Parent and Tot) 11:00am - 1:00pm	Open Swim (Parent and Tot) 11:00am - 12:00pm
	Open Gym (Family) 11:00am - 1:00pm	Lengths 11:00am - 1:15pm
	Game and Activity Time (Family) 11:00am - 3:00pm	Open Swim 18+ 12:00 - 1:15pm
	Open Gym 1:15 - 3:00pm	Open Swim with Waterslide 1:30 - 3:00pm
Sackville Seniors Centre (Additional Membership Required)	Billiards 9:00am - 1:00pm	
	Pickleball 9:30 - 11:00am Multi-Purpose Room \$1.00 / per visit	
	Table Tennis 11:30am - 1:00pm Multi-Purpose Room \$1.00 / per visit	

For drop-in gym schedules, visit: hamilton.ca/Gym
and for drop-in swim schedules, visit: hamilton.ca/Swimming