



**Centre Name: Dalewood Recreation Centre**  
**Address: 1152 Main St W**  
**Phone: 905-546-3747**

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



<b>GYM SCHEDULE – SPRING 2025 – April 7, 2025 – June 29, 2025</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<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 April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)**  
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.