



Centre Name: Dundas Lions Memorial Community Centre
Address: 10 Market St. S
Phone: 905-546-2424 x2260

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – Spring 2025 – April 7, 2025 – June 29, 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+) 1:00pm – 3:30pm	Badminton (55+) 12:30pm-2:30pm	Pickleball (55+) 1:00pm-5:00pm	Open Gym (13-17) 9:30am-11:15am	Volleyball (18+) 11:00am-1:00pm
Pickleball (55+) 1:00pm-5:00pm	Badminton (55+) 12:30pm-2:30pm	Open Gym (Family) 3:45pm – 5:15pm	Badminton (18+) 2:30pm-4:30pm		Open Gym (Family) 11:30am-1:30pm FREE	
	Badminton (18+) 2:30pm-4:30pm	Pickleball (18+) 5:30pm-7:30pm			Pickleball (18+) 2:00-4:00pm	

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.