



Centre Name: Kanétskare Recreation Centre
Address: 251 Duke Street
Phone: 905-546-3111

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SPRING 2025 – April 7, 2025 – June 9, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 12:45pm – 1:45pm *\$3.05 per visit	Basketball (13-17 years) 8:00pm – 9:15pm	Cardio, Balance & Strength (55+) 12:45pm – 1:45pm *\$3.05 per visit		Basketball (13-17 years) 6:00pm – 7:45pm	Open Gym - FREE (Family) 9:30am – 10:45am	
Chair Fit (55+) 1:45pm – 2:45pm *\$3.05 per visit		Chair Yoga (55+) 1:45pm – 2:45pm *\$3.05 per visit		Basketball (18+) 7:45pm – 9:15pm		
Girls Only Gym - FREE (10-14 years) 7:00pm – 9:00pm		Badminton (18+) 8:00pm – 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.

*Price subject to change