



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr
Phone: 905-546-3747

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
Pickleball (18+) 9:00am-1:00pm	Badminton (18+) 10:45am-12:45pm	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 11:00am-3:00pm	Open Gym (adapted) 12:30pm-2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (Family) 12:00pm-1:30pm
Open Gym (Family) 2:00pm- 4:30pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm		Open Gym (All Ages) 2:30pm-4:00pm	Open Gym (Family) 2:15pm- 4:15pm	Open Gym (9-12yrs) 2:00pm-3:30pm
Open Gym (13-17yrs) 4:45 pm-6:45pm	Basketball (13-17yrs) 8:00pm-9:30pm			Open Gym (Family) 4:00pm- 6:00pm		
Badminton (18+) 7:00pm-9:15pm				Basketball (13-17yrs) 6:15pm-8:15pm		

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.