



Name: Westmount Recreation Centre
Address: 35 Lynbrook Dr.
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



GYM SCHEDULE – SPRING 2025 – April 7, 2025 – June 29, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 6:30-11:00am	Pickleball (18+) 8:45-11:00am	Open Gym Parent & Tot (0 - 5) 9:00-10:30am	Volleyball (55+) 8:00-9:30am	Pickleball (18+) 6:30-11:00am	Badminton (Family) 9:00-10:30am	Game and Activity Time (9-12) 9:00am-12:00pm
Pickleball (18+) 11:30-2:30pm	Westmount High Open Gym (12 - 17) 11:15am-2:00pm *With valid student ID*	Table Tennis (18+) 10:30-12:30pm	Open Gym Parent & Tot (0 - 5) 10:00-11:00am	Table Tennis (18+) 10:30am-12:30pm	Game and Activity Time (Family) 9:00am-12:00pm	Game and Activity Time (Family) 12:30-3:30pm
Open Gym (6-12) 3:00-5:00pm	Westmount High Youth Room (12 - 17) 11:15am-2:00pm *With valid student ID*	Pickleball (18+) 11:00am-2:30pm	Adapted Yoga (All Ages) 10:00 – 11:00am \$3.05 Admission	Westmount High Open Gym (12 - 17) 11:15am-2:00pm *With valid student ID*	Game and Activity Time (9-12) 12:30-3:30pm	*Open Gym (Adapted) 3:45-5:15pm *In Partnership with All Abilities Allstar
Youth Room (12-17) 3:00-7:00pm	Open Gym (13-17) 3:00-5:00pm	Open Gym (13-17) 3:00-5:00pm	Open Gym Adapted (All Ages) 11:15 – 12:15pm	Westmount High Youth Room (12 - 17) 11:15am-2:00pm *With valid student ID*	Volleyball (16+) 2:00-4:00pm	
Open Gym - FREE (Family) 5:15-7:15pm	Volleyball (13-17) 3:00-5:00pm	Youth Room (12-17) 3:00-5:00pm	Badminton (18+) 12:45-2:45pm	Open Gym (6-12) 3:00-5:00pm		
Basketball (13-17) 5:30-7:30pm	Youth Room (12-17) 3:00-7:00pm	Game and Activity Time (Family) 5:15 – 9:00pm	Open Gym (13-17) 3:00-4:00pm	Youth Room (12-17) 3:00-7:00pm		
Table Tennis (Family)	Badminton (Family)	Volleyball (16+)	Youth Room (12-17)	Basketball (13-17)		

6:30-8:30pm	5:30-8:30pm	7:30-9:00pm	3:00-7:00pm	5:15-6:30pm		
Basketball (18+) 7:30-9:00pm				Basketball (18+) 7:00-8:30pm		

NOTES: Centre will be Closed on April 18, 2025 (Good Friday), April 21, 2025 (Easter Monday) and Monday May 19, 2025 (Victoria Day)

For information on swim admission criteria and supervision requirements:

<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>