



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.

All Gym Drop in Programs are cancelled on April 19, 20 and 28 due to election polling stations taking place on site.