



**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](http://hamilton.ca/gym)



**GYM SCHEDULE – Spring 2025 – April 7, 2025 – June 29, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> (Parent & Tot) 10:00am-12:00pm <b>FREE</b> in partnership with EarlyOn	<b>Open Gym</b> (Parent & Tot) 10:00am-12:00pm <b>FREE</b> in partnership with EarlyOn	<b>Pickleball</b> <b>(18+)</b> 1:00pm – 3:30pm	<b>Badminton</b> <b>(55+)</b> 12:30pm-2:30pm	<b>Pickleball</b> <b>(55+)</b> 12:45pm-2:45pm	<b>Open Gym</b> <b>(13-17)</b> 9:30am-11:15am	<b>Volleyball</b> <b>(18+)</b> 11:00am-1:00pm
<b>Pickleball</b> <b>(55+)</b> 12:45pm-2:45pm	<b>Badminton</b> <b>(55+)</b> 12:30pm-2:30pm	<b>Open Gym</b> <b>(Family)</b> 3:45pm – 5:15pm	<b>Badminton</b> <b>(18+)</b> 2:30pm-4:30pm	<b>Pickleball</b> <b>(55+)</b> 3:00pm-5:00pm	<b>Open Gym</b> <b>(Family)</b> 11:30am-1:30pm <b>FREE</b>	
<b>Pickleball</b> <b>(55+)</b> 3:00pm-5:00pm	<b>Badminton</b> <b>(18+)</b> 2:30pm-4:30pm	<b>Pickleball</b> <b>(18+)</b> 5:30pm-7:30pm			<b>Pickleball</b> <b>(18+)</b> 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.