



Dundas Lions Memorial Community Centre

10 Market St. S | 905-546-2424 x2260

For the most current schedule information:

www.hamilton.ca/gym

Gym Schedule Spring 2026

April 7 – June 28, 2026

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Gym (Parent and Tot) 10:00 am – 12:00 pm FREE in partnership with EarlyON	Open Gym (Parent and Tot) 10:00 am – 12:00 pm FREE in partnership with EarlyON	Pickleball (18+) 1:00 pm – 3:30 pm	Badminton (55+) 12:30 pm – 2:30 pm	Pickleball (55+) 12:45 pm – 2:45 pm	Pickleball (18+) 9:30 am – 11:30 am	Volleyball (18+) 11:00 am – 1:00 pm
2	Pickleball (55+) 12:45 pm – 2:45 pm	Badminton (55+) 12:30 pm – 2:30 pm	Open Gym (13-17) 3:45 pm – 5:15 pm FREE in partnership with ROUTES	Badminton (18+) 2:30 pm – 4:30 pm	Pickleball (55+) 3:00 pm – 5:00 pm	Volleyball (18+) 11:45 am – 1:45 pm	

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	Pickleball (55+) 3:00 pm – 5:00 pm	Badminton (18+) 2:30 pm – 4:30 pm	Pickleball (18+) 5:30 pm – 7:30 pm			Open Gym (Under 17 w/Parent) 2:00 pm – 4:00 pm FREE	

Notes:

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.