



Dundas Lions Memorial Community Centre
10 Market Street S., Dundas
905-546-2424 Ext. 2260

GYM SCHEDULE – September 6, 2022 to December 24, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickleball (55+) 12:30-2:30 pm	Badminton (55+) 12:30-2:30 pm	Pickleball (18+) 5:00-7:00pm	*Chair Fit (55+) 10:30-11:30am	Pickleball (55+) 12:30-2:30 pm	Open Gym (Family) 9:00-10:30am
Pickleball (55+) 2:30-4:30 pm	Badminton (18+) 2:30-4:30 pm		Badminton (55+) 12:30-2:30 pm	Pickleball (55+) 2:30-4:30 pm	Open Gym (13-17 yrs) 11:00-12:30pm
			Badminton (18+) 2:30-4:30 pm		Pickleball (18+) 1:00-3:00pm

NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)

All gym programs cancelled Friday October 7th, Saturday October 8th and Monday October 24th

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.

** This initiative was made possible by the Affordable Access to Recreation Strategy, which subsidizes short-term community engagement opportunities, programs and initiatives, for free or at a reduced fee. For more information about available subsidies, visit <https://www.hamilton.ca/recreation/recreation-assistance-program>.*