



Hamilton

Valley Park Community Centre, 970 Paramount Dr.  
905-5462424 ext.1114

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pickleball</b> (18+) 9:00am-1:00pm	<b>Badminton</b> (18+) 10:45am- 12:45pm	<b>Pickleball</b> (18+) 9:00am- 12:00pm	<b>Pickleball</b> (18+) 12:00pm-4:00pm	<b>Badminton</b> (18+) 9:00am-11:00am	<b>Basketball</b> (18+) 12:00pm-2:00pm	<b>Open Gym</b> (12-17yrs) 12:00pm- 1:30pm
<b>Open Gym</b> (Family) 2:00pm- 4:30pm	<b>Open Gym</b> (Parent & tot) EarlyON 1:00pm-3:00pm	<b>Open Gym</b> (Parent & tot) EarlyON 1:00pm-2:30pm		<b>**Open Gym</b> (All Ages) 2:30pm-4:00pm	<b>Open Gym</b> (Family) 2:00pm- 4:00pm	<b>Open Gym</b> (Family) 1:30pm- 3:00pm
<b>Open Gym</b> (12-17yrs) 5:00pm-6:30pm	<b>Basketball</b> (12-17yrs) 8:00pm-9:00pm			<b>Open Gym</b> (Family) 4:00pm- 6:00pm		
<b>Badminton</b> (18+) 7:00pm-9:00pm				<b>Basketball</b> (12-17yrs) 6:00pm-8:00pm		

### NOTES:

Centre will be closed Monday September 5th, 2022 (Labour Day)

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

Gym and club programs will be closed Friday October 7; Saturday October 8; Friday October 14; Saturday October 15 and Monday October 24<sup>th</sup> for Municipal Elections.

\*\*\*Open Gym from 2:30-4:00pm will be closed Sept 30, Oct 28, Nov 25 and Dec 16.

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