



Hamilton

Westmount Recreation Centre
35 Lynbrook Dr. 905-546-4932

GYM SCHEDULE – September 6 - December 24, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 9:30am-12:00pm	Westmount SS Open Gym (free w. Westmount Student ID) 11:15am-2:00pm Starts October	Parent & Tot Open Gym (Caregivers w. children under 4y) 9:30-10:30am	Open Gym (13-17 years) 3:00-4:00pm	Pickleball (18+) 8:30-11:00am	Badminton (Family) 9:00-10:30am	
Pickleball (18+) 12:00-2:30pm	Open Gym (13-17 years) 3:00-5:00pm	Table Tennis (18+) 10:00am-12:00pm		Westmount SS Open Gym (free w. Westmount Student ID) 11:15am-2:00pm Starts October	Volleyball (18+) 2:00-4:00pm	
Open Gym (9-12 years) 3:00-5:00pm		Open Gym (13-17 years) 3:00-5:00pm		Open Gym (9-12 years) 3:00-5:00pm		
Basketball (18+) 5:15-6:45pm		Volleyball (18+) 7:30-9:00pm		Basketball (13-17) 6:30-8:30pm		
Table Tennis (18+) 6:30-8:30pm		Youth Room (13-17) 7:00-9:00pm Starts October		Youth Room (13-17) 6:30-8:30pm Starts October		
Soccer (18+) 7:00-8:30pm						

NOTES: Centre will be Closed on Monday October 10, 2022 (Thanksgiving)
All gym programming canceled on October 7, 8, 14, 15 (Advanced Polls)
All gym programming canceled on Monday October 24, 2022 (Municipal Election)

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