



Centre Name: Valley Park Community Centre
Address: 970 Paramount Dr.
Phone: 905-546-2424 ext. 1114
Email: recreation@hamilton.ca

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – January 8, 2024 to March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 9:00am-1:00pm	Badminton (18+) 10:45am-12:45pm	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 11:00am-3:00pm	Open Gym (adapted) 12:30pm-2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (Family) 12:00pm-1:30pm
Open Gym (Family) 2:00pm- 4:30pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm	Open Gym (Parent & tot) EarlyON 1:00pm-2:30pm		Open Gym (All Ages) 2:30pm-4:00pm *Cancelled Jan 19, Feb 23, Mar 22	Open Gym (Family) 2:00pm- 4:00pm	Open Gym (13-17yrs) 2:00pm-3:30pm
Open Gym (13-17yrs) 4:45 pm-6:45pm	Basketball (13-17yrs) 8:00pm-9:30pm			Open Gym (Family) 4:00pm- 6:00pm		
Badminton (18+) 7:00pm-9:15pm				Basketball (13-17yrs) 6:15pm-8:15pm		

NOTES: Centre will be open for modified program schedule on Monday February 19, 2024 (Family Day)

***Please see March Break Schedule for programming during March Break (March 11-15, 2024)**

Gym programs cancelled between 8am-6pm on January 26th, 2024.

Centre will be closed on Friday March 29, 2024 (Good Friday)

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