



Centre Name: Dundas Lions Memorial Community Centre
Address: 10 Market Street South, Dundas
Phone: (905) 546-2424 Ext. 2260
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
Open Gym (Parent & Tot) 10:00-12:00pm FREE in partnership with EarlyON	Open Gym (Parent & Tot) 9:30-11:30am FREE in partnership with EarlyON	Pickleball (18+) 1:30-3:30pm	Badminton (55+) 12:30-2:30pm	Pickleball (55+) 12:30-4:30pm	Open Gym (Family) 11:00-12:30pm	Volleyball (18+) 11:00-1:00pm
Pickleball (55+) 12:30-4:30pm	Badminton (55+) 12:30-2:30pm	Open Gym (Family) FREE 3:45-5:15pm	Badminton (18+) 2:30-4:30pm		Pickleball (18+) 1:00-3:00pm	
	Badminton (18+) 2:30-4:30pm	Pickleball (18+) 5:30-7:30pm				

NOTES: Centre will be closed Monday February 19, 2024 (Family Day)

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.

*Funded in partnership with the Ministry
for Seniors and Accessibility*

