



Hamilton

Centre Name: Bennetto Community Centre
Address: 450 Hughson St. N.
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – SPRING 2026 – April 7, 2026 – June 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Parent & Tot) 10:30am – 12:00pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Open Gym (Parent & Tot) 10:30am – 12:00pm	Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Under 17 w/parent) FREE 12:30pm – 1:30pm	
Volleyball (16+) 7:00pm – 8:45pm	Soccer (18+) 8:00pm-9:00pm	Basketball (18+) 8:15pm-9:45pm	Pickleball (18+) 12:30pm – 2:30pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Pickleball (18+) 1:45pm – 3:45pm	
			Open Gym (Under 17 w/parent) FREE 5:00pm – 6:00pm	Open Gym (13-17 yrs) 5:15pm – 6:45pm		
			Pickleball (18+) 6:45pm – 8:45pm	Volleyball (18+) 7:00pm – 8:30pm		

NOTES: Centre will be Closed on Monday May 18, 2026 (Victoria Day)

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