



Hamilton

IT'S YOUR DAY!

55+

Join us at your local recreation centre and explore the new 55+ programs just for you—it's YOUR day!

FREE Drop-In Programs for Pass Holders/Members



Senior Pass \$41.62 (Yearly)



Senior Centre Membership \$32.25 (Yearly)

Visit your local Senior Centre to purchase

Recreation Fee Assistance is available to all patrons.

Please see receptionist for more details

Program Dates: February 7, 2017 - February 28, 2018

Summer locations and schedules are subject to change

Tuesday	Sir Allan MacNab Recreation Centre Phone: 905-546-2554 Address: 145 Magnolia Drive
Wednesday	Central Memorial Recreation Centre Phone: 905-546-4939 Address: 93 West Avenue
Thursday	Dalewood Recreation Centre Phone: 905-546-4946 Address: 1150 Main Street West
Friday	Stoney Creek Recreation Centre Phone: 905-546-2196 Address: 45 King Street West



Ontario

Funded in partnership with the Ontario Sport and Recreation Communities Fund



Hamilton

PROGRAMMING SCHEDULE

55+

February 7 - March 31, 2017

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sir Allan MacNab Recreation Centre	Central Memorial Recreation Centre	Dalewood Recreation Centre	Stoney Creek Recreation Centre
9:30AM—12:00PM Open Social	10:45AM—12:00PM Badminton	11:00AM—12:00PM Senior Swim	9:00AM—12:00PM Open Social
10:00AM—11:00AM 55+ Fit \$4.23 per visit	10:45AM—12:30PM Open Social	11:00AM—1:00PM Open Social	9:00AM—10:00AM 55+ Fit \$4.23 per visit
10:45AM—11:30AM Waterfit \$2.20 or WF Pass	11:00AM—12:00PM 55+ Fit \$4.23 per visit	11:00AM-1:00PM Multi-Sport Simulator (Grandkids Welcome)	12:00PM-1:00PM Physical Movement Circuit
12:00PM-1:00PM Just Move	12:00PM—1:00PM Open Gym (Grandkids Welcome)	1:00PM—2:00PM 55+ Fit \$4.23 per visit	11:30AM—1:00PM Indoor Fun (Grandkids Welcome)
1:00PM—2:30PM Beanbag Bocce (Grandkids Welcome)	1:00PM—3:00PM Pickleball	2:00PM—3:00PM Physical Movement Circuit	12:30PM—1:30PM Senior Swim
			1:30PM—2:30PM Just Move

*Drop-In Fee for Non-Members - \$3.05

**Do you have a
program
suggestion?**

**Tell your Recreation
Coordinator, we
want to hear
from you.
It's YOUR Day!**

Grandkids Welcome - Programs to interact with your grandchildren and others.

Open Social - Cards, board games and free coffee and tea!

55+ Fit - Fitness for everyone, go at your own pace. Chairs provided if needed.

Physical Movement Circuits - Self guided stations that promote movement skills.

Multi-Sport Simulator - Interactive sport experience (sport equipment on-site).

Just Move - Stepping and directional movements. Challenge yourself by picking up the pace. Progress to Nordic Poling class in the Spring.



**First visit is
FREE!**