

Field House Fall 2025 (January 5 – March 1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball/ Tennis 10-11:30am	Roller Skate 9-10am	Pickleball/ Tennis 10-11:30am	Roller Skate 9-10am	Pickleball/ Tennis 10-11:30am	Family Gym 10:30-11:30am	
MS Gym 3-4pm	Seniors Social 2-3pm	MS Gym 3-4pm	Seniors Social 2-3pm	MS Gym 3-4pm	Adaptive Gym 11:30-1pm	Lawn Games 12:30-1:30pm
Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Raquet Sports 1-2:30pm	Raquet Sports 1:30-2:30pm
Raquet Sports 5:30-7pm	HMHA 5:15-8pm	HMHA 5:30-8:30pm	RENTAL AVAILABLE 5:15-6:15pm	Roller Skate 5:30-7pm	RENTAL AVAILABLE 2:30-4:30pm	RENTAL AVAILABLE 2:30-4:30pm
Basketball 7-8:30pm			Soccer 6:30-8pm	Pickleball/ Tennis 7:15-8:45pm		
	Ball Hockey League 8-9pm 9-10pm	Ball Hockey 8:30-10pm				

See Amilia SmartRec for Program Pricing

Email recreation@hampton.ca for rental inquiries

All Ages

Seniors 55+

Under 12 – Parent supervision required

Summit Centre Fall 2025 (January 2 – May 17)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running Hour 6-7am	Running Hour 6-7am	Running Hour 6-7am	Running Hour 6-7am	Running Hour 6-7am		
Senior Skate 8:30-10am	Open Skate 8:30-10am	Open Skate 8:30-10am	Senior Skate 8:30-10am	Open Skate 8:30-10am		
Senior (55+) Walking Program 11am-12pm		Senior (55+) Walking Program 11am-12pm		Senior (55+) Walking Program 11am-12pm		
Stretch & Strength* 12-12:45pm		Stretch & Strength* 12-12:45pm				
Open Skate 1:30-2:30pm	Senior Hockey 55+ 12-1pm	Adult Hockey 18+ 12-1pm	Senior Hockey 55+ 12-1pm	Adult Hockey 18+ 12-1pm		Public Skate 12:30-1:30pm
Public Skate 2:45-3:45pm			Public Skate 2:45-3:45pm			See Amilia SmartRec for Program Pricing
Running Hour 9-11pm	Running Hour 9-11pm	Running Hour 9-11pm	Running Hour 9-11pm	Running Hour 9-11pm		

*Stretch & Strength starts Jan 19 and ends Feb 25

Arena

Walking Track/Community Room