

# Field House Fall 2025 (January 5 – March 1)

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

**See Amilia SmartRec for Program Pricing**

Email [recreation@hampton.ca](mailto: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<br>6-7am                        | Running Hour<br>6-7am          | Running Hour<br>6-7am                        | Running Hour<br>6-7am          | Running Hour<br>6-7am                        |          |        |
| Senior Skate<br>8:30-10am                    | Open Skate<br>8:30-10am        | Open Skate<br>8:30-10am                      | Senior Skate<br>8:30-10am      | Open Skate<br>8:30-10am                      |          |        |
| Senior (55+)<br>Walking Program<br>11am-12pm |                                | Senior (55+)<br>Walking Program<br>11am-12pm |                                | Senior (55+)<br>Walking Program<br>11am-12pm |          |        |
| Stretch &<br>Strength*<br>12-12:45pm         |                                | Stretch &<br>Strength*<br>12-12:45pm         |                                |  |          |        |
| Open Skate<br>1:30-2:30pm                    | Senior<br>Hockey 55+<br>12-1pm | Adult<br>Hockey 18+<br>12-1pm                | Senior<br>Hockey 55+<br>12-1pm | Adult<br>Hockey 18+<br>12-1pm                |          |        |
| Public Skate<br>2:45-3:45pm                  |                                |  | Public Skate<br>2:45-3:45pm    | See Amilia SmartRec for Program Pricing      |          |        |
| Running Hour<br>9-11pm                       | Running Hour<br>9-11pm         | Running Hour<br>9-11pm                       | Running Hour<br>9-11pm         |  |          |        |
|  |                                |  |                                |  |          |        |



**HAMPTON**  
*It's our nature*

\*Stretch & Strength starts Jan 19 and ends Feb 25

Arena

Walking Track/Community Room