

Field House Spring 2026 (March 2 – May 7)

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	
	Open Gym 2-3pm		Open Gym 2-3pm		Adaptive Gym 11:30-1pm	Lawn Games 12:30-1:30pm
MS Gym 3-4pm	MS Gym 3-4pm	MS Gym 3-4pm	MS Gym 3-4pm	MS Gym 3-4pm	Raquet Sports 1-2:30pm	Raquet Sports 1:30-2:30pm
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	RENTAL AVAILABLE 2:30-4:30pm	RENTAL AVAILABLE 2:30-4:30pm
Raquet Sports 5:30-7pm	RENTAL AVAILABLE 5:15-9pm	Open Skate 5:15-6:15pm	RENTAL AVAILABLE 5:15-6:30pm	Roller Skate 5:30-6:45pm		
Basketball 7-8:30pm		Private Rental 6:30-8:30pm	Soccer 6:30-8pm <i>*ends Apr 23</i>	Adult Roller Skate 18+ 6:45-8pm		
		Ball Hockey 8:30-10pm				

**Program Calendar subject to changes
See Amilia SmartRec for Registration and Pricing**

Email recreation@hampton.ca for rental inquiries

All Ages

Under 12 – Parent supervision required

