Who Are We?

About Boys & Girls Clubs

As a leading provider of quality programs for children, youth, adults and families, Boys & Girls Clubs offer transformative experiences that are affordable, accessible, and reliable with a focus on learning and skills development. We are proud of our history of leveling the playing field and providing opportunities for members to discover, develop, and achieve their full potential by supporting their healthy physical, educational and social development.

Our highly trained staff and volunteers are caring role models who use an individualized, strength-based approach and engage our community to play, learn, and develop essential life skills. We create caring environments that are safe, supportive, inclusive, fun and stimulating. We challenge developmentally-appropriate growth, and encourage healthy, respectful relationships.

Our Clubs are located in neighbourhoods where they need us most. We emphasize flexible programs based on local needs, the interests of members, and the diversity, character, and identity of their communities.

Belonging to the Boys & Girls Club can be life changing.

We are excited about our merge with HARRRP. This is an opportunity for us to, together effectively and efficiently serve our communities. We are proud and excited for our journey together to make Hamilton the best place to live, and raise a child.

#agoodplacetobe

CONTACT US!

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Boys & Girls Clubs of Hamilton
A good place to be

Adult

Programs & Services

Fall 2019

Sherman Boys & Girls Club
***formally "HARRRP"**
705 Main St. E. (corner of St. Clair)
905 544-0050

OUR MISSION

To provide safe, supportive places where children, youth, adults and families can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

OUR VISION

All children, youth, adults and families achieve their dreams and grow to be healthy, successful, and active participants in society.

OUR VALUES

Belonging
Respect
Encouragement
Working Together
Speaking Out

Active Living

Health Active Vibrant Energetic Seniors (HAVES)

at Bennetto Community Centre
450 Hughson N.
Programs will start as of Sept. 16/19
Mon. 10 a.m. - Aerobics
Wed. 10 a.m. - Aerobics
Thurs. 10 a,m, - Pickleball
Fri. 10 a.m. - Zumba

at Sherman Boys & Girls Club
750 Main St. E
Programs will start as of Sept. 16/19
Tues. 10 a.m. - Line Dancing
Wed. 9:30 a.m. - Agless Grace
Wed. 11 a.m. - Beginners Hawaiian Dancing
Thurs. 10 a.m. - Tai Chi
Thurs. 1 p.m. - Yoga
Fri. 12 p.m. - Intermed. Hawaiian Dancing
Fri. 1 p.m. - Performing for Fun Dancing

Visit our website for program descriptions.

www.kboysandgirlsclub.com

Gone Digital

Offered at CityHousing locations

A basic computer literacy program for older adults in partnership with CityHousing. This program will teach adults and seniors the basics of computers, tablets and other digital tools with a focus on developing life skills, multi-media fluency and digital citizenship.

& more!

at Sherman Boys & Girls Club
Mon. 12 p.m. Brown Bag Lunch
Mon. 1 p.m. Carpet Bowling
Wed. 1 p.m. Progressive Euchre

We want to hear from you! Have any program ideas? Let us know!