



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basketball (55+) 9:30 – 11:30am	Pickleball Introductory (18+) 9:00am – 12:00pm	Open Gym Parent & Tot (0-5) 9:45 – 10:45am	Open Gym Parent & Tot (0-5) 9:45 – 11:45am	Basketball (18+) 9:30 – 11:00am	Open Gym Parent & Tot (0-5) 9:00 – 10:15am	Game & Activity Time (17 and Under with Adult) 9:00am – 12:30pm
Youth Room (12-17) 11:00am – 12:00pm	Youth Room (12-17) 11:00am – 12:00pm	Ancaster High Open Gym (12-17) 11:00am – 12:00pm *Must Present Valid Student ID*	Youth Room (12-17) 11:00am – 12:00pm	Ancaster High Open Gym (12-17) 11:00am – 12:00pm *Must Present Valid Student ID*	Game & Activity Time (6-12) 9:00am – 12:30pm	Game & Activity Time (6-12) 12:30 – 3:30pm
Badminton (18+) 12:00-3:00pm (Half Gym 3:00 – 4:00pm)	Pickleball (18+) 12:30 – 3:30pm	Ancaster High Youth Room (12-17) 11:00am – 12:00pm *Must Present Valid Student ID*	Pickleball (18+) 12:00 – 3:30pm	Ancaster High Youth Room (12-17) 11:00am – 12:00pm *Must Present Valid Student ID*	Game & Activity Time (17 and Under with Adult) 12:30 – 3:30pm	Badminton (18+) 2:15 – 4:00pm
Open Gym (13-17) 3:45 - 4:45pm	Game & Activity Time (6-8) 5:00 – 6:00pm	Badminton (18+) 12:30-3:30pm	Open Gym (13-17) 4:00-5:30pm	Badminton (18+) 12:30-3:30pm	Pickleball (16+) 1:00 – 4:00pm	Badminton (17 and Under with Adult) 2:15 – 4:00pm
Game & Activity Time (6-8) 5:00 – 6:00pm	Game & Activity Time (9-12) 6:00 – 7:00pm	Open Gym (17 and Under with Adult) 4:00 – 5:30pm FREE	Game & Activity Time (6-8) 5:00 – 6:00pm	Open Gym (13-17) 4:00 – 5:30pm		
Game & Activity Time (9-12) 6:00 – 7:00pm		Game & Activity Time (17 and Under with Adult) 5:00 – 7:00pm	Game & Activity Time (9-12) 6:00 – 7:00pm	Open Gym (17 and Under with Adult) 4:00 – 5:30pm		
Pickleball (18+) 7:30 – 9:30pm		Youth Room (12-17) 7:00 – 9:00pm		Game & Activity Time (9-12) 5:00 – 8:00pm		

		Basketball (18+) 7:45 – 9:45pm		Volleyball (16+) 6:00 – 8:00pm		
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**NOTES: Centre is closed from September 8 – 14th for scheduled maintenance. Badminton programs cancelled on Sunday September 7, 2025.
Centre will be Closed October 13, 2025 (Thanksgiving)**

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.