



GYM SCHEDULE – FALL 2025 – October 6, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Social (55+) 9:00 – 10:00am FREE	Cardio Balance and Strength (55+) 9:30-10:30am *Admission \$3.18*	Badminton (17 and Under with Adult) 6:15 – 7:30pm	Cardio Balance and Strength (55+) 9:30-10:30am *Admission \$3.18*	Open Gym (9-12) 6:15 – 7:30pm		
Badminton (17 and Under with Adult) 6:15 – 7:30pm	Open Social (55+) 10:15 – 11:00am FREE	Badminton (16+) 7:30 – 9:00pm	Open Social (55+) 10:15 – 11:00am FREE	Basketball (13-17) 7:30 – 9:00pm		
Badminton (16+) 7:30 – 9:00pm	Chair Fit (55+) 10:45-11:45 *Admission \$3.18*		Chair Fit (55+) 10:45-11:45 *Admission \$3.18*			
	Open Gym (17 and Under with Adult) 6:15 – 7:30pm FREE		Open Gym (9-12) 6:15 – 7:30pm			
	Basketball (18+) 7:30 – 9:00pm		Open Gym (13-17) 7:45 – 9:00pm			

NOTES: All 55+ Programs begin the week of September 2, 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.