



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pickleball</b> (18+) 6:30 – 11:00am	<b>Pickleball</b> (18+) 8:45 – 11:00am	<b>Open Gym</b> <b>Parent and Tot</b> (0 - 5) 9:00 – 10:30am	<b>Volleyball</b> (55+) 8:00 – 9:30am	<b>Pickleball</b> (18+) 6:30-11:00am	<b>Badminton</b> (17 & Under with Adult) 9:00-10:30am	<b>Game and Activity</b> <b>Time</b> (6-12) 9:00am-12:00pm
<b>Pickleball</b> (18+) 11:30 – 2:30pm	<b>Westmount High</b> <b>Open Gym</b> (12 - 17) 11:15 – 2:00pm *Must present valid student ID*	<b>Table Tennis</b> (18+) 10:30 – 12:30pm	<b>Open Gym</b> <b>Parent and Tot</b> (0-5) 9:00 – 11:00am	<b>Table Tennis</b> (18+) 10:30am-12:30pm	<b>Game and Activity</b> <b>Time</b> (17 & Under with Adult) 9:00am-12:00pm	<b>Game and Activity</b> <b>Time</b> (17 & Under with Adult) 12:30-3:30pm
<b>Open Gym</b> (6 - 12) 3:00 – 5:00pm	<b>Westmount High</b> <b>Youth Room</b> (12 - 17) 11:15 – 2:00pm *Must present valid student ID*	<b>Pickleball</b> (18+) 11:00 – 2:30pm	<b>Adapted Yoga</b> (All Ages) 10:00 – 11:00am \$2.81 Admission	<b>Westmount High</b> <b>Open Gym</b> (12 - 17) 11:15am-2:00pm *Must present valid student ID*	<b>Game and Activity</b> <b>Time</b> (6-12) 12:30-3:30pm	<b>Open Gym</b> <b>Adapted</b> (All Ages) 3:45-5:15pm
<b>Youth Room</b> (12-17) 3:00 – 7:00pm	<b>Open Gym</b> (13-17) 3:00 – 5:00pm	<b>Open Gym</b> (13 - 17) 3:00 – 5:00pm	<b>Open Gym</b> <b>Adapted</b> (All Ages) 11:15 – 12:15pm	<b>Westmount High</b> <b>Youth Room</b> (12 - 17) 11:15am-2:00pm *Must present valid student ID*	<b>Volleyball</b> (16+) 2:00-4:00pm	
<b>Open Gym</b> (17 & Under with Adult) <b>FREE</b> 5:15 – 7:15pm	<b>Volleyball</b> (13-17) 3:00 – 5:00pm	<b>Youth Room</b> (12 - 17) 3:00 – 5:00pm	<b>Badminton</b> (18+) 12:45-2:45pm	<b>Open Gym</b> (6-12) 3:00-5:00pm		
<b>Basketball</b> (13 - 17) 5:15 – 7:15pm	<b>Youth Room</b> (12 - 17) 3:00 – 7:00pm	<b>Game and Activity</b> <b>Time</b> (17 & Under with Adult) 5:15 – 9:00pm	<b>Open Gym</b> (13-17) 3:00-4:45pm	<b>Youth Room</b> (12-17) 3:00-7:00pm		

<b>Table Tennis</b> (17 & Under with Adult) 5:30 –7:00pm		<b>Volleyball</b> (16+) 7:30-9:00pm	<b>Youth Room</b> (12-17) 3:00-7:00pm	<b>Basketball</b> (13-17) 5:15-6:30pm		
<b>Table Tennis</b> (18+) 7:00 – 8:30pm			<b>Table Tennis</b> (17 & Under with Adult) 5:30 –7:00pm	<b>Table Tennis</b> (17 & Under with Adult) 5:30 –7:00pm		
<b>Basketball</b> (18+) 7:30 – 9:00pm			<b>Table Tennis</b> (18+) 7:00 – 8:30pm	<b>Basketball</b> (18+) 7:00-8:30pm		

**NOTES: All Gymnasium Programs will be cancelled September 20 – 22, 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.