



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chair Fit (55+) 11:15am-12:15pm \$3.18 admission	Pickleball (18+) 2:30-4:45pm	Pickleball (18+) 9:30am-12:00pm	Open Gym (Parent & Tot) 1:45-2:45pm FREE In partnership with EarlyON	Pickleball (18+) 9:00-10:30am	Open Gym (13-17yrs) 1:00-2:30pm Free	Open Gym (Family) 9:15-10:45am
Cardio, Balance & Strength (55+) 12:30pm-1:30pm \$3.18 admission	Game Time Family (All Ages) 5:30-7:30pm	Open Gym (13-17yrs) 3:00-4:30pm Free	Pickleball (18+) 3:15-4:45pm	Open Gym (Parent & Tot) 11:00am-12:00pm FREE In partnership with EarlyON		Volleyball (13-17yrs) 12:15-1:30pm
Pickleball (18+) 3:15-4:45pm	Volleyball (16+) 7:30-9:00pm	Game Time Family (All Ages) 5:30-7:30pm	Tai Chi (55+) 6:15-7:15pm \$3.18 admission	Open Gym (6-12yrs) 5:00-6:00pm		
Volleyball (16+) 7:30-9:00pm			Basketball (18+) 7:30-9:00pm	Basketball (13-17yrs) 6:00-8:00pm		
				Youth Room (12-17yrs) 5:00-8:00pm		

NOTES: Pickleball 18+ will be cancelled on Friday September 19th (PA Day Camp).

Chair Fit 55+ and Cardio, Balance and Strength 55+ will begin starting October 6th.

Game Time Family on Tuesday's & Wednesday's will begin starting October 7th.

Tai Chi 55+ will begin on Thursday October 9th.

Centre will be Closed October 13, 2025 (Thanksgiving).

Pickleball 18+ will be cancelled on Friday November 21st (PA Day Camp).

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