



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Parent & Tot) 11:15am-12:15pm	Badminton (55+) 10:00am-12:00pm	Pickleball (55+) 10:00am-12:00pm	Volleyball (55+) 10:00am-12:00pm	Basketball (55+) 10:00am-12:00pm	Volleyball (16+) 2:00-4:00pm	Open Gym (17 and Under with Adult) 9:30am-11:15am
Badminton (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Badminton (18+) 12:30-2:45pm	Pickleball (18+) 12:30-2:45pm	Open Gym (Parent & Tot) 10:15am-11:45am		Open Gym (Parent & Tot) 9:30am-11:15am
Open Gym (6-13yrs) 3:15-5:00pm	Open Gym (6-13yrs) 3:15-5:00pm	Open Gym (14-17yrs) 3:15-4:45pm	Fitness 55+ (55+) 1:15-2:15pm \$3.20 admission	Pickleball (18+) 12:30-2:45pm		Pickleball (18+) 11:45am-1:45pm
Basketball (18+) 8:00-9:30pm	Basketball (13-17yrs) 8:00-9:30pm	Volleyball (16+) 8:00-9:30pm	Fitness 55+ (55+) 2:30-3:30pm \$3.20 admission	Open Gym (6-13yrs) 3:15-5:00pm		Basketball (6-12yrs) 2:15-4:15pm
			Open Gym (6-13yrs) 3:15-5:00pm	Open Gym (17 and Under with Adult) 5:45-7:45pm FREE		Basketball (13-17yrs) 2:15-4:15pm
			Volleyball (16+) 8:00-9:30pm	Basketball (14-17yrs) 8:00-9:30pm FREE		

NOTES: 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.