



GYM SCHEDULE – FALL 2025 – September 2, 2025 – December 21, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 9:00am-1:00pm	Open Gym (Parent & tot) EarlyON 9:00am-10:30am	Pickleball (18+) 9:00am-12:00pm	Pickleball (18+) 10:00am-2:00pm	Open Gym (adapted) 12:30pm-2:00pm	Basketball (18+) 12:00pm-2:00pm	Open Gym (17 & Under with Adult) 12:00pm-1:30pm
Open Gym (17 & Under with Adult) 2:00pm- 4:30pm	Badminton (18+) 10:45am-12:45pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm		Open Gym (All Ages) 2:30pm-4:00pm (No Gym on Dec 19,)	Open Gym (17 & Under with Adult) 2:15pm- 4:15pm	Open Gym (9-12yrs) 2:00pm-3:30pm
Open Gym (13-17yrs) 4:45 pm-6:45pm	Open Gym (Parent & tot) EarlyON 1:00pm-3:00pm			Open Gym (17 and Under with Adult) 4:00pm- 6:00pm		
Badminton (18+) 7:00pm-9:15pm	Basketball (13-17yrs) 8:00pm-9:30pm			Basketball (13-17yrs) 6:15pm-8:15pm		

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.

Please note Valley Gym will be closed on all day on **December 15 & 16** and for daytime programming on **December 17th**, re-opening at 5pm due to maintenance.