



GYM SCHEDULE – HOLIDAY 2025 – December 22, 2025 – January 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track (All Ages) 8:45am-8:15pm	Track (All Ages) 8:45am-9:00pm	Track (All Ages) 8:45am-3:30pm		Track (All Ages) 8:45am-8:30pm	Track (All Ages) 9:00am-4:00pm	Track (All Ages) 9:00am-3:00pm
Open Gym (Parent & Tot) 9:00am-10:30am FREE**	Pickleball (55+) 9:00am-12:00pm	Open Gym (Parent & Tot) 9:00am-10:30am		Volleyball (18+) 9:00am-11:00am	Table Tennis (17 and Under with Adult) 9:30am-11:30am	Basketball (18+) 9:30am-11:30am
Pickleball (55+) 11:00am-1:00pm	Game & Activity Time (13-17) 3:15pm-8:15pm FREE*	Adapted Yoga (All Ages) 9:15am-10:15am \$3.05 Admission		Game & Activity Time (13-17) 11:30am-12:30pm 3:15pm-8:15pm FREE*	Open Gym (Parent & Tot) 9:45am-10:45am	Badminton (16+) 11:45am-1:45pm
Basketball (18+) 1:15pm-2:45pm	Chess (55+) 2:00pm-5:00pm FREE*	Adapted Open Gym (All Ages) 12:00pm-1:00pm		Pickleball (55+) 1:00pm-3:00pm	Badminton (17 and Under with Adult) 11:00am-12:30pm	Open Gym (17 and Under with Adult) 2:00pm-3:00pm
Game & Activity Time (13-17) 3:15pm-8:15pm FREE*	Volleyball (13-17) 7:15pm-9:00pm			Open Gym (13-17) 11:30am-12:30pm 3:15pm-5:15pm FREE*	Open Gym (17 and Under with Adult) 12:45pm-1:45pm	
				Open Gym (9-12) 5:30pm-6:30pm		
				Basketball (18+) 6:45pm-8:15pm		

NOTES: Centre will be Closed December 25, 2025 (Christmas), December 26, 2025 (Boxing Day) and January 1, 2026 (New Years Day).

Centre will be closed at 4pm on December 24, 2025 and December 31, 2025

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