



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 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-8:30pm	Track (All Ages) 8:45am-8:15pm	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	Open Gym (17 and Under with Adult) 9:00am-11:00am	Volleyball (18+) 9:00am-11:00am	Table Tennis (17 and Under with Adult) 9:30am-11:30am	Basketball (18+) 9:15am-11:15am
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*	Game & Activity Time (13-17) 11:30am-12:30pm 3:15pm-8:15pm FREE*	Open Gym (Parent & Tot) 9:45am-10:45am	Open Gym (17 and Under with Adult) 11:30am-12:30pm
Basketball (18+) 1:15pm-2:45pm	Chess (55+) *FREE 2:00pm-5:00pm	Adapted Open Gym (All Ages) 12:00pm-1:00pm	Open Gym (13-17) 11:30am-12:30pm FREE*	Pickleball (55+) 1:00pm-3:00pm	Badminton (17 and Under with Adult) 11:00am-12:30pm	Badminton (16+) 2:00pm-4:00pm
Game & Activity Time (13-17) 3:15pm-8:15pm FREE*	Open Gym (13-17) 3:15pm-4:15pm FREE*	Game & Activity Time (13-17) 3:15pm-8:15pm FREE*	Pickleball (18+) 6:45pm-8:45pm	Open Gym (13-17) 11:30am-12:30pm 3:15pm-5:15pm FREE*	Open Gym (17 and Under with Adult) 2:00pm-3:00pm	
Open Gym (13-17) 3:15pm-4:15pm FREE*	Volleyball (13-17) 7:15pm-9:00pm	Open Gym (13-17) 3:15pm-4:15pm FREE*		Open Gym (9-12) 5:30pm-6:30pm		
		Volleyball (13-17) 4:45pm-6:30pm		Basketball (18+) 6:45pm-8:15pm		
		Basketball (55+) 6:45pm-8:45pm				

NOTES: Centre will be Closed on February 16, 2026 (Family Day)

Centre will be on a modified schedule From March 14-22, 2026 (March Break)

Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)