



GYM SCHEDULE – Winter 2026 – January 5, 2026 – April 5, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Open Gym (Parent & Tot) 10:00am-12:00pm FREE in partnership with EarlyOn	Pickleball (18+) 1:00pm – 3:30pm	Badminton (55+) 12:30pm-2:30pm	Pickleball (55+) 12:45pm-2:45pm	Pickleball (18+) 11:30am-1:30pm	Volleyball (18+) 11:00am-1:00pm
Pickleball (55+) 12:45pm-2:45pm	Badminton (55+) 12:30pm-2:30pm	Open Gym (13-17) 3:45pm – 5:15pm FREE in partnership with ROUTES	Badminton (18+) 2:30pm-4:30pm	Pickleball (55+) 3:00pm-5:00pm	Open Gym (Under 17 w/parent) FREE 2:00-4:00pm	
Pickleball (55+) 3:00pm-5:00pm	Badminton (18+) 2:30pm-4:30pm	Pickleball (18+) 5:30pm-7:30pm				

NOTES: Centre will be Closed on February 16, 2026 (Family Day), April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)

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