



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 6:30 – 11:00am	Pickleball (18+) 8:45 – 11:00am	Open Gym Parent and Tot (0 - 5) 9:00 – 10:30am	Volleyball (55+) 8:00 – 9:30am	Pickleball (18+) 6:30-11:00am	Badminton (17 & Under with Adult) 9:00-10:30am	Game and Activity Time (6-12) 9:00am-12:00pm
Pickleball (18+) 11:30 – 2:30pm	Westmount High Open Gym (12 - 17) 11:15 – 2:00pm *Must present valid student ID*	Table Tennis (18+) 10:30 – 12:30pm	Open Gym Parent and Tot (0-5) 9:00 – 11:00am	Table Tennis (18+) 10:30am-12:30pm	Game and Activity Time (17 & Under with Adult) 9:00am-12:00pm	Game and Activity Time (17 & Under with Adult) 12:30-3:30pm
Open Gym (6 - 12) 3:00 – 5:00pm	Westmount High Youth Room (12 - 17) 11:15 – 2:00pm *Must present valid student ID*	Pickleball (18+) 11:00 – 2:30pm	Adapted Yoga (All Ages) 10:00 – 11:00am \$2.81 Admission	Westmount High Open Gym (12 - 17) 11:15am-2:00pm *Must present valid student ID*	Game and Activity Time (6-12) 12:30-3:30pm	Open Gym Adapted (FREE) 3:45-5:15pm *In Partnership with All Abilities Allstars
Youth Room (12-17) 3:00 – 7:00pm	Open Gym (13-17) 3:00 – 5:00pm	Open Gym (13 - 17) 3:00 – 5:00pm	Open Gym Adapted (All Ages) 11:15 – 12:15pm	Westmount High Youth Room (12 - 17) 11:15am-2:00pm *Must present valid student ID*	Volleyball (16+) 2:00-4:00pm	
Open Gym (17 & Under with Adult) FREE 5:15 – 7:15pm	Volleyball (13-17) 3:00 – 5:00pm	Youth Room (12 - 17) 3:00 – 5:00pm	Badminton (18+) 12:45-2:45pm	Open Gym (6-12) 3:00-5:00pm		
Basketball (13 - 17) 5:15 – 7:15pm	Youth Room (12 - 17) 3:00 – 7:00pm	Game and Activity Time (17 & Under with Adult) 5:15 – 9:00pm	Open Gym (13-17) 3:00-4:45pm	Youth Room (12-17) 3:00-7:00pm		
Table Tennis		Volleyball (16+)	Youth Room (12-17)	Basketball (13-17)		

(17 & Under with Adult) 5:30 – 7:00pm		7:30-9:00pm	3:00-7:00pm	5:15-6:30pm		
Table Tennis (18+) 7:00 – 8:30pm			Table Tennis (17 & Under with Adult) 5:30 – 7:00pm	Table Tennis (17 & Under with Adult) 5:30 – 7:00pm		
Basketball (18+) 7:30 – 9:00pm			Table Tennis (18+) 7:00 – 8:30pm	Basketball (18+) 7:00 – 8:30pm		

NOTES: NOTES: Centre will be on a modified schedule 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)

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