



GYMNASIUM SCHEDULE: SEPTEMBER 2017



Sunday (BEGIN SEPT. 10 th)	
Program	Time
Open Gym	2:30-5:00pm
Adult Volleyball (Recreational/Beginner)	5:00-7:00pm
Adult Basketball	7:15-9:15pm

Monday (BEGIN SEPT. 11 th)	
Program	Time
Seniors Badminton/Pickleball	9:00-11:00am
Open Gym (1/2 gym)	4:30-7:00pm
Exceptional Fun and Fitness	1:00 – 2:00pm
Girls Night Out	5-5:30pm
Adult Zumba	5:30 – 6:30pm
Hip Hop	6:30 – 7:30pm
Youth Volleyball (Recreational)	7:30 – 8:30pm
Adult Table Tennis (MP RM)	7:00-9:00pm

Tuesday (BEGIN SEPT. 12 th)	
Program	Time
Mini Movers	9:15-10:00am
Preschoolers in Motion	10:00-11:00am
Exceptional Fun and Fitness	11:00am-12:00pm
Parkinson's Big Movement	11:00am-12:00pm
Open Gym	12:00-1:00pm
Seniors Pickleball (Beginners)	1:00-3:00pm
Open Gym	4:00-7:00pm (1/2)
Sporty Girls & Guys	5:00-6:00pm
Adult Volleyball (Competitive)	7:15-9:15pm

CANCELLATIONS/CHANGES:

SEPTEMBER 4th : QSWC CLOSED
SEPTEMBER 5th - 9th: GYM CLOSED (No Programs)
SEPTEMBER 30th: GYM CLOSED 11am-4:30pm
 (No Open Gym)

PLEASE NOTE:

- Some Open Gym Times may be run in only half of the gym space.
- All children under the age of 10 years must have a participating adult in the gym with them during "Open Gym" Programs. Adult Programs are for 16yrs+ (13-15yrs. must be with an adult)
- Wellness passport required for entry

Wednesday (BEGIN SEPT. 13 th)	
Program	Time
Seniors Pickleball	9:00am-11:00am
Zumba Gold	11:05am – 12:05pm
Youth Open Gym / Sports	3:30-5:00pm
Adult Pickleball	5:00-7:00pm
Adult Badminton	7:00-9:00pm

Thursday (BEGIN SEPT. 14 th)	
Program	Time
Open Gym	11:00am-12:00pm
Seniors Pickleball (Intermediate)	1:00-3:00pm
Open Gym	4:00-5:00pm & 5:30-7:00pm (1/2 gym)
Guys Hang-out	5-5:30pm (1/2 gym)
Mini Movers	5:15-6:00pm
Little Sneakers	6:00-7:00pm
Adult Volleyball (Intermediate)	7:15-9:15pm

Friday (BEGIN SEPT. 15 th)	
Program	Time
Seniors Pickleball (No Sept. 29)	10:00am-12:00pm
Exceptional Fun and Fitness	1:00-2:00pm
Open Gym	4:00-5:00pm
Floorball / Youth Sports	5:00-6:00pm

Saturday (BEGIN SEPT. 16 th)	
Program	Time
Mini Movers	9:00-9:45am
Preschoolers in Motion	10:00-11:00am
Open Gym	11:30am- 4:30pm
Adult Futsal	4:30-7:30pm

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INFORMATION ON OUR
PROGRAMS AND SERVICES**