



GYMNASIUM SCHEDULE: JANUARY 8-31, 2018



Sunday	
Program	Time
Open Gym	2:30-5:00pm
Adult Volleyball (Intermediate)	5:00-7:00pm
Adult Basketball	7:15-9:15pm

Monday	
Program	Time
Pickleball (Intermediate/Advanced)	8:35-11:15am
Exceptional Fun and Fitness	1:00-2:00pm
Open Gym (1/2 Gym)	4:30-7:00pm
Girls Night Out	5:00-5:30pm
Adult Zumba	5:30-6:30pm
Hip Hop Fitness (Youth)	6:30-7:30pm
Youth Volleyball (Recreational)	7:30-8:30pm
Adult Table Tennis (MP RM)	7:00-9:00pm

Tuesday	
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
Pickleball (Beginners)	12:00-2:00pm
Pickleball (Beginners/Intermediate)	2:15-4:00pm
Open Gym	4:15-7:00pm (1/2)
Sporty Girls & Guys	5:00-6:00pm
Adult Volleyball (Advanced)	7:15-9:15pm

Wednesday	
Program	Time
Pickleball (Intermediate/Advanced)	8:35am-11:00am
Pickleball (Beginner)	1:00-3:00pm
Youth Open Gym & Sports	3:30-5:00pm
Adult Pickleball	5:00-7:00pm
Adult Badminton	7:00-9:00pm

Thursday	
Program	Time
Shuffleboard (MP RM)	10:00am-12:00pm
Open Gym	11:00am-12:00pm
Pickleball (Beginner/Intermediate)	1:00-3:00pm
Carpet Bowling (MP RM)	1:00-3:00pm
Open Gym	4:15-7:00pm (1/2 gym)
Adult Volleyball (Novice/Beginners)	7:15-9:15pm

Friday	
Program	Time
Pickleball (Intermediate/Advanced)	8:35am-11:30pm
Exceptional Fun and Fitness	1:00-2:00pm
Open Gym	4:00-5:00pm
Floorball / Youth Sports	5:00-6:00pm

Saturday	
Program	Time
Mini Movers	9:00-9:45am
Preschoolers in Motion	10:00-11:00am
Open Gym	11:30am-4:00pm
Futsal (Novice/Family)	4:00-5:00pm
Futsal (Youth)	5:00-7:00pm
Futsal (Adult)	7:00-8:00pm

MP= Multi-purpose Room (2nd Floor)

CANCELLATIONS/CHANGES:

GYM CLOSED:

January 30th CLOSED at 12:00pm
January 31st CLOSED until 5:00pm

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 is required for entry