



GYMNASIUM SCHEDULE: SEPTEMBER 2018



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

Monday (BEGIN SEPT. 10 th)	
Program	Time
Pickleball (Intermediate/Advanced)	8:35am-11:15am
Open Gym (1/2 gym)	4:15 -7:15pm
Adult Zumba	5:30 – 6:30pm
Hip Hop	6:35 – 7:35pm
Youth Volleyball (Recreational)	7:30 – 8:30pm
Adult Table Tennis (MP RM)	7:00-9:00pm

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

Wednesday (BEGIN SEPT. 12 th)	
Program	Time
Pickleball (Intermediate/Advanced)	8:35am-11:00am
Walking Soccer	12:30-1:30pm
Teen Open Gym / Recreational Basketball	3:30-5:00pm
Adult Pickleball	5:00-7:00pm
Adult Badminton	7:00-9:00pm

Thursday (BEGIN SEPT. 13 th)	
Program	Time
Shuffleboard	10:00am-12:00pm
Open Gym	11:00am-12:00pm
Pickleball (Beginner/Intermediate)	1:00-3:00pm
Senior's Carpet Bowling	1:00-3:00pm
Open Gym (1/2 gym)	4:15-7:00pm
Mini Movers	5:15-6:00pm
Little Sneakers	6:00-7:00pm
Adult Volleyball (Beginner/Novice)	7:15-9:15pm

Friday (BEGIN SEPT. 14 th)	
Program	Time
Pickleball No Sept. 29) (Intermediate/Advanced)	8:35-11:30am
Open Gym	4:00-5:00pm
Floorball / Youth Sports	5:00-6:00pm

Saturday (Begins Sept. 22 nd)	
Program	Time
Open Gym	11:30am-4:00pm
Family Futsal	4:00-5:00pm
Youth Futsal	5:00-7:00pm
Adult Futsal	7:00-8:00pm

CANCELLATIONS/CHANGES:

SEPTEMBER 8th: Open Gym ONLY
SEPTEMBER 15th: Gym CLOSED at 11am
SEPTEMBER 25th: Gym CLOSED at 12pm

PLEASE NOTE:

Some Open Gym Times may be run in only half of the gym space.

Wellness Passports are required for entry

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)