



# GYMNASIUM SCHEDULE: NOVEMBER 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)	8:35am-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	
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)
Sporty Girls & Guys	6:00-7:00pm
Adult Volleyball (Competitive)	7:15-9:15pm

Wednesday	
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	7:15-9:15pm

Thursday	
Program	Time
Shuffleboard (MP Room)	10:00am-12:00pm
Open Gym	11:00am-12:00pm
Pickleball (Beginner/Intermediate)	1:00-3:00pm
Carpet Bowling (MP Room)	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	
Program	Time
Pickleball (Intermediate/Advanced)	8:35-11:30am
Open Gym	4:00-5:00pm
Floorball / Youth Sports	5:00-6:00pm

Saturday	
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:

**November 11<sup>th</sup>:** Special Schedule, ONLY  
Open Gym 10:30am-12:30pm & 1:00-3:00pm

**November 24<sup>th</sup>:** GYM CLOSED (Private Function)

### 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)