



# GYMNASIUM SCHEDULE: JANUARY 6-31, 2019



**\*Please refer to the Holiday Schedule for programs running January 2- 5**

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
Teen Recreational Volleyball	7:30 – 8:30pm
Adult Table Tennis (MP RM)	7:00-9:00pm

Tuesday	
Program	Time
Mini Movers	9:15-10:00am
Parkinson's Big Movement	11:00am-12:00pm
Pickleball (Beginners)	12:00-2:00pm
Pickleball (Beginner/Intermediate)	2:15-4:00pm
Open Gym (1/2 gym)	4:15-7:00pm
Sporty Girls & Guys	6:00-7:00pm
Adult Volleyball (Advanced - spiking permitted)	7:15-9:00pm

Wednesday	
Program	Time
Pickleball (Intermediate/Advanced)	8:35am-11:00am
Walking Soccer	12:30-1:30pm
Teen Recreational Basketball	3:30-5:00pm
Adult Pickleball	5:00-7:00pm
Adult Badminton	7:15-9:15pm

Good Sportsmanship is required for ALL sports & levels of play. Be kind to your fellow players. Bullying is not permitted. If you are not following these standards, you will be asked to leave.

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	6:00-6:45pm
Adult Volleyball (Beginner/Novice)	7:15-9:15pm

Friday	
Program	Time
Pickleball (Intermediate/Advanced)	8:35-11:30am
Open Gym	4:00-5:00pm
Adult Zumba <b>*NEW*</b>	5:00-6:00pm
Floorball / Youth Open Gym	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:

January 1<sup>st</sup>: QSWC closed  
 January 5<sup>th</sup>: Gym closed for a private function  
 January 30<sup>th</sup>: until 5:00pm

### PLEASE NOTE:

Some Open Gym times may be run in half of the gym.

### 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)

