



Gym Schedule October 2 to 8

| ASSOCIATION                                                                                                                                                 |                                            | Friday Oct. 2                                     | Saturday Oct. 3                        | Sunday Oct. 4                      | Monday Oct. 5                              | Tuesday Oct. 6                        | Wednesday Oct. 7                          | Thursday Oct. 8 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------|----------------------------------------|------------------------------------|--------------------------------------------|---------------------------------------|-------------------------------------------|-----------------|
| 9:00                                                                                                                                                        | Drop-In Adult Pickleball<br>9:00 - 10:30am | Adult Cardio Tennis<br>9:00 - 10:00am<br>Red Ball | Adult Soccer<br>9:00 - 10:30am         | Adult Pickleball<br>9:00 - 10:30am | Barre<br>9:15 - 10:15am                    | Adult Pickleball<br>9:00 - 10:30am    | Netted Open Gym<br>9:00 -10:15am          |                 |
| 9:30                                                                                                                                                        |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| 10:00                                                                                                                                                       |                                            | 10:10 - 11:10am<br>Orange Ball                    |                                        |                                    | Drop -In Parent & Tot<br>10:30am - 12:00pm |                                       | Drop-In Parent & Tot<br>10:30am - 12:00pm |                 |
| 10:30                                                                                                                                                       |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| 11:00                                                                                                                                                       | Early Explorers                            | 11:15 - 12:15pm<br>Youth Tennis                   | Sportball Program<br>11:00am - 12:45pm | Early Explorers                    | 10:30am - 12:00pm                          | Early Explorers                       | 10:30am - 12:00pm                         |                 |
| 11:30                                                                                                                                                       | 11:00 - 11:45am                            |                                                   |                                        | 11:00 - 11:45am                    |                                            |                                       |                                           |                 |
| 12:00                                                                                                                                                       |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| 12:30                                                                                                                                                       |                                            | 12:20 - 1:20pm                                    |                                        | Netted Open Gym                    | Adult Pickleball<br>12:30 - 2:00pm         | Netted Open Gym                       | Adult Pickleball<br>12:30 - 2:00pm        |                 |
| 1:00                                                                                                                                                        |                                            |                                                   | Non-Netted Open Gym                    | 12:00 - 1:45pm                     |                                            |                                       |                                           |                 |
| 1:30                                                                                                                                                        | Drop-In Teen Gym Time                      | Non-Netted Open Gym                               | 1:00 - 2:15pm                          |                                    | Non-netted Open Gym                        |                                       | Non-netted Open Gym                       |                 |
| 2:00                                                                                                                                                        | 1:00 - 3:30pm                              | 1:30 - 2:20pm                                     |                                        |                                    |                                            |                                       |                                           |                 |
| 2:30                                                                                                                                                        |                                            | Family Gym Time                                   | Family Gym Time                        | Non-Netted Open Gym                | 2:15 - 3:15pm                              | Non-Netted Open Gym                   | 2:15 - 3:15pm                             |                 |
| 2:30                                                                                                                                                        |                                            | 2:30 - 3:30pm                                     | 2:30pm- 3:30pm                         | 2:00 - 3:15pm                      |                                            | 2:00 - 3:15pm                         |                                           |                 |
| 3:00                                                                                                                                                        |                                            |                                                   |                                        |                                    | OOSC Program                               |                                       | OOSC Program                              |                 |
| 3:30                                                                                                                                                        |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| 4:00                                                                                                                                                        | OOSC Program                               | Netted Open Gym                                   | Netted Open Gym                        | OOSC Program                       | 3:30-4:30pm                                | OOSC Program                          | 3:30 - 4:30pm                             |                 |
| 4:30                                                                                                                                                        | 4:00 - 5:00pm                              | 3:45 - 5:15pm                                     | 3:45pm- 5:15pm                         | 4:00 - 5:00pm                      |                                            | 4:00 - 5:00pm                         |                                           |                 |
| 5:00                                                                                                                                                        |                                            |                                                   |                                        |                                    | Netted Open Gym                            |                                       | Youth Basketball                          |                 |
| 5:30                                                                                                                                                        | Scouts                                     | Family Gym Time                                   | Rental                                 |                                    | 4:45 - 6:15pm                              | TKD                                   | 4:45 - 6:45pm                             |                 |
| 6:00                                                                                                                                                        | 5:30 - 9:30pm                              | 5:30 - 6:30pm                                     | 5:30pm- 6:30 pm                        | Karate                             |                                            | 5:30 - 8:00pm                         |                                           |                 |
| 6:30                                                                                                                                                        |                                            |                                                   |                                        | 6:00 - 8:50pm                      | Girl Guides<br>6:30 - 8:00pm               |                                       |                                           |                 |
| 7:00                                                                                                                                                        |                                            | Teen Drop In Gym Time                             | Adult Badminton                        |                                    |                                            |                                       | Build & Burn                              |                 |
| 7:30                                                                                                                                                        |                                            | 7:00 - 8:30pm                                     | 7:00 - 8:15pm                          |                                    |                                            | 7:00 - 8:00pm                         |                                           |                 |
| 8:00                                                                                                                                                        |                                            |                                                   |                                        |                                    |                                            | Adult Tennis<br>8:15 - 9:45pm         |                                           |                 |
| 8:30                                                                                                                                                        |                                            | Open Gym                                          |                                        |                                    | Drop-In Adult Volleyball                   |                                       |                                           |                 |
| 9:00                                                                                                                                                        |                                            | 8:30 - 9:45pm                                     | Adult Basketball                       | Open Gym                           | 8:15 - 9:45pm                              |                                       | Adult Floor Hockey                        |                 |
| 9:30                                                                                                                                                        |                                            |                                                   | 8:30 - 9:45pm                          | 9:00 - 9:45pm                      |                                            |                                       |                                           |                 |
| 10:00                                                                                                                                                       |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| Registered Sessional Program (extra program fee) *no guests*                                                                                                |                                            |                                                   |                                        | Rented/User Group Space            |                                            |                                       |                                           |                 |
| Registered Adult Program (extra program fee) *no guests*                                                                                                    |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| Family Open Gym Time is available when there is no paid rental — a families-only time for adults and children. Call the front desk to confirm availability. |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| Open Gym (weekdays & Weekends) first come first serve shared space -equipment available for loan with membership card                                       |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| Netted Open Gym *this time is first come first serve and reserved for netted sports like volleyball, pickleball, and badminton and is shared space*         |                                            |                                                   |                                        |                                    |                                            |                                       |                                           |                 |
| Non-Netted Open Gym *first come, first serve*                                                                                                               |                                            |                                                   |                                        |                                    |                                            | Teen Drop in Gym Time (12 - 17 years) |                                           |                 |