Gym Schedule October 30 to November 5

	Friday Oct. 30	Saturday Oct. 31	Sunday Nov. 1	Monday Nov. 2	Tuesday Nov. 3	Wednesday Nov. 4	Thursday Nov. 5
9:00	**Drop-In Adult Pickleball** 9:00 - 10:30am	**Adult Cardio Tennis** 9:00 - 10:00am	**Adult Soccer** 9:00 - 10:30am	**Adult Pickleball** 9:00 - 10:30am	**Barre** 9:15 - 10:15am	**Adult Pickleball** 9:00 - 10:30am	**Netted Open Gym** 9:00 -10:15am
9:30							
10:00		**Red Ball** 10:10 - 11:10am			**Drop -In Parent & Tot** 10:30am - 12:00pm		**Drop-In Parent & Tot** 10:30am - 12:00pm
10:30							
11:00	**Early Explorers** 11:00 - 11:45am	**Orange Ball** 11:15 - 12:15pm	**Sportball Program** 11:00am - 12:45pm	**Early Explorers** 11:00 - 11:45am		**Early Explorers** 11:00 - 11:45am	
11:30		**Youth Tennis** 12:20 - 1:20pm					
12:00							
12:30				**Netted Open Gym** 12:00 - 1:45pm	**Adult Pickleball** 12:30 - 2:00pm	**Netted Open Gym** 12:00 - 1:45pm	**Adult Pickleball** 12:30 - 2:00pm
1:00			**Non-Netted Open Gym** 1:00 - 2:15pm				
1:30	**Drop-In Teen Gym Time** 1:00 - 3:30pm	**Non-Netted Open Gym** 1:30 - 2:20pm					
2:00					**Non-netted Open Gym** 2:15 - 3:15pm		**Non-netted Open Gym** 2:15 - 3:15pm
2:30		**Family Gym Time** 2:30 - 3:30pm	**Family Gym Time** 2:30pm- 3:30pm	**Non-Netted Open Gym** 2:00 - 3:15pm		**Non-Netted Open Gym** 2:00 - 3:15pm	
3:00							
3:30					**OOSC Program** 3:30-4:30pm		**OOSC Program** 3:30 - 4:30pm
4:00	**OOSC Program** 4:00 - 5:00pm	**Netted Open Gym** 3:45 - 5:15pm	**Netted Open Gym** 3:45pm- 5:15pm	**OOSC Program** 4:00 - 5:00pm		**OOSC Program** 4:00 - 5:00pm	
4:30							
5:00					**Netted Open Gym** 4:45 - 6:15pm		**Youth Basketball** 4:45 - 6:45pm
5:30	**Scouts** 5:30 - 9:30pm	**Family Gym Time** 5:30 - 6:30pm	**Rental** 5:30pm- 6:30 pm			**TKD** 5:30 - 8:00pm	
6:00				**Karate** 6:00 - 8:50pm			
6:30					**Girl Guides** 6:30 - 8:00pm		
7:00		**Teen Drop In Gym Time** 7:00 - 8:30pm	**Adult Badminton** 7:00 - 8:15pm				**Build & Burn** 7:00 - 8:00pm
7:30							
8:00						**Adult Tennis** 8:15 - 9:45pm	
8:30		**Open Gym** 8:30 - 9:45pm			**Drop-In Adult Volleyball** 8:15 - 9:45pm		**Adult Floor Hockey** 8:15 - 9:45pm
9:00			**Adult Basketball** 8:30 - 9:45pm	**Open Gym** 9:00 - 9:45pm			
9:30							
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)