

Gym Schedule September 11 to 17											
	Friday Sept. 11	Saturday Sept. 12	Sunday Sept. 13	Monday Sept. 14	Tuesday Sept. 15	Wednesday Sept. 16	Thursday Sept. 17				
9:00	Adult Pickleball Drop In 9:00 - 10:30am	Non-netted Gym 9:00am-10:30am	Adult Soccer 9:00 - 10:30am	Adult Pickleball 9:00 - 10:30pm	Barre, Butt, legs & Thighs 9:15 - 10:15am	Registered Adult Pickleball 9:00 - 10:30am	Netted Open Gym 9:00-10:15am				
9:30											
10:00					Parent & Tot		Parent & Tot				
10:30	Non - Netted Open Gym 10:45am - 12:45pm	Netted Open Gym 11:00am-12:45pm	Sportball 11:00am - 12:45pm	Early Explorers 11:00 - 11:45am	10:30am - 12:00pm	Early Explorers 11:00 - 11:45am	10:30am - 12:00pm				
11:00											
11:30											
12:00											
12:30		Non-Netted Gym 1:00-2:15pm		Netted Open Gym 12:00 - 1:45pm	Registered Adult Pickleball 12:30 - 2:00pm	Netted Open Gym 12:00 - 1:45pm	Registered Adult Pickleball 12:30 - 2:00pm				
1:00			Non-Netted Open Gym 1:00 - 2:15pm								
1:30	Teen Drop In Gym Time 2:00 - 3:30pm				Non-netted Open Gym		Non-netted Open Gym				
2:00		Family Gym Time 2:30 - 3:30pm	Family Gym Time 2:30pm-3:30pm	Non-Netted Open Gym 2:00 - 3:15pm	2:15 - 3:15pm	Non-Netted Open Gym 2:00 - 3:15pm	2:15 - 3:15pm				
2:30											
3:00											
3:30											
4:00	OOSC 4:00 - 5:00pm	Netted Open Gym 3:45 - 5:15pm	Netted Open Gym 3:45pm-5:15pm	OOSC 4:00 - 5:00pm	3:30-4:30pm	OOSC 4:00 - 5:00pm	OOSC 3:30 - 4:30pm				
4:30											
5:00	Scouts 5:30 - 9:30pm	Family Gym Time 5:30 - 6:30pm	Rental - Indoor Soccer 5:30pm-6:30 pm	Karate 6:00 - 8:50pm	Netted Open Gym 4:45 - 6:15pm	TKD 5:30 - 8:00pm	Youth Basketball 4:45 - 6:45pm				
5:30											
6:00											
6:30											
7:00		Teen Drop In Gym Time 7:00 - 8:30pm	Adult Badminton 7:00 - 8:15pm		Girl Guides 8:30 - 8:00pm		Build & Burn 7:00 - 8:00pm				
7:30											
8:00											
8:30		Open Gym 8:30 - 9:45pm			Adult Volleyball 8:15 - 9:45pm	Registered Adult Tennis 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)						