



GYM SCHEDULE – FALL 2024 – September 3, 2024 – December 22, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track (All ages) 8:45am-8:15pm	Track (All ages) 8:45am-9:00pm	Track (All ages) 8:45am-9:00pm	Track (All ages) 8:45am-8:15pm	Track (All ages) 8:45am-8:30pm	Track (All ages) 9:00am-4:00pm	Track (All ages) 9:00am-3:00pm
Open Gym (Parent and Tot) 9:00am-10:30am FREE**	Pickleball (55+) 9:00am-12:00pm	Open Gym (Parent & Tot) 9:00am-10:30am	Open Gym (Family) 9:00am-11:00am	Volleyball (18+) 9:00am-11:00am	Table Tennis (Family) 9:30am-11:30am	Basketball (18+) 9:30am-11:30am
Pickleball (55+) 11:00am-1:00pm	Games & Activity Time (55+) 1:00pm-5:00pm	Adapted Yoga (All Ages) 11:00am-12:00pm	Open Gym (13-17) 11:30am-12:30pm FREE*	Open Gym (13-17) 11:30am-12:30pm FREE* 3:15pm-5:15pm	Open Gym (Parent & Tot) 9:45am-10:45am	Badminton (16+) 11:45am-1:45pm
Games & Activity Time (55+) 12:45pm-1:45pm	Open Gym (13-17) 3:15-4:15pm FREE*	Adapted Open Gym (All Ages) 12:00pm-1:00pm	Games & Activity Time (13-17) 11:30am-12:30pm 3:15pm-6:15pm FREE*	Games & Activity Time (13-17) 11:30am-12:30pm 5:15pm-8:15pm FREE*	Badminton (Family) 11:00am-12:30pm	Open Gym (Family) 2:00pm-3:00pm
Basketball (18+) 1:15pm-2:45pm	Games & Activity Time (13-17) 4:15-6:15pm FREE*	Open Gym (13-17) 3:15-4:15pm FREE*	Games & Activity Time (55+) 12:45pm-1:45pm	Pickleball (55+) 1:00pm-3:00pm	Open Gym (Family) 12:45pm-1:45pm	
Open Gym (13-17) 3:15-4:15pm FREE*	Volleyball (13-17) 7:15pm-9:00pm	Games & Activity Time (13-17) 4:15-6:15pm FREE*	Pickleball (18+) 6:45pm-8:45pm	Open Gym (9-12) 5:30pm-6:30pm		
Games & Activity Time (13-17) 4:15-6:15pm FREE*		Basketball (55+) 6:45pm-8:45pm		Basketball (55+) 6:45pm-8:15pm		

NOTES: Centre will be Closed October 14, 2024 (Thanksgiving).

***FREE with valid BCSS student ID**

****In partnership with EarlyON**

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.