



GYM SCHEDULE – FALL 2024 – September 24, 2024 – December 22, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball (18+) 8:30-11:30am	Pickleball (18+) 8:45-11:00am	Open Gym Parent & Tot (0 - 5) 9:00-10:30am	Volleyball (55+) 8:00-9:30am	Pickleball (18+) 6:30-11:00am	Badminton (Family) 9:00-10:30am	Game and Activity Time (9-12) 9:00am-12:00pm
Pickleball (18+) 12:00-2:30pm	Westmount High Open Gym (12 - 17) 11:15am-2:00pm *With valid student ID*	Table Tennis (18+) 10:30-12:30pm	Open Gym Parent & Tot (0 - 5) 10:00-11:00am	Table Tennis (18+) 10:30am-12:30pm	Game and Activity Time (Family) 9:00am-12:00pm	Game and Activity Time (Family) 12:30-3:30pm
Open Gym (6-12) 3:00-5:00pm	Westmount High Youth Room (12 - 17) 11:15am-2:00pm *With valid student ID*	Pickleball (18+) 11:00am-2:30pm	Adapted Yoga (All Ages) 10:00 – 11:00am \$3.05 Admission	Westmount High Open Gym (12 - 17) 11:15am-2:00pm *With valid student ID*	Game and Activity Time (9-12) 12:30-3:30pm	
Open Gym - FREE (Family) 5:15-7:15pm	Open Gym (13-17) 3:00-5:00pm	Open Gym (13-17) 3:00-5:00pm	Open Gym Adapted (All Ages) 11:15 – 12:15pm	Westmount High Youth Room (12 - 17) 11:15am-2:00pm *With valid student ID*	Volleyball (16+) 2:00-4:00pm	
Basketball (13-17) 5:30-7:30pm	Volleyball (13-17) 3:00-5:00pm	Game and Activity Time (Family) 5:15 – 9:00pm	Badminton (18+) 12:45-2:45pm	Open Gym (6-12) 3:00-5:00pm		
Table Tennis (Family) 6:30-8:30pm	Youth Room (12-17) 3:00-7:00pm	Volleyball (16+) 7:30-9:00pm	Open Gym (13-17) 3:00-4:00pm	Youth Room (12-17) 3:00-7:00pm		
Basketball (18+) 7:30-9:00pm			Youth Room (12-17) 3:00-7:00pm	Basketball (13-17) 5:15-6:45pm		
				Basketball (18+) 7:00-8:30pm		

NOTES: Facility closed for Maintenance from September 3 to 23. All evening (after 5:00pm) gym programs cancelled on Monday September 30.

Centre will be Closed October 14, 2024 (Thanksgiving)

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