



GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basketball (55+) 9:30-11:30am	Pickleball Introductory (18+) 9:00am-12:00pm	Open Gym Parent & Tot (0 - 5) 9:45-10:45am	Open Gym Parent & Tot (0 - 5) 9:45-11:45am	Basketball (18+) 9:30-11:00am	Open Gym Parent & Tot (0 - 5) 9:00-10:15am	Game and Activity Time (Family) 9:00-10:30am
Badminton (18+) 12:00-3:00pm	Game and Activity Time (55+) 11:00am-1:00pm	Ancaster High Open Gym (12 - 17) 11:00am-12:00pm *With valid student ID*	Pickleball (18+) 12:00-3:30pm	Ancaster High Open Gym (12 - 17) 11:00am-12:00pm *With valid student ID*	Game and Activity Time (Family) 9:00-10:30am	Game and Activity Time (6-8) 10:30-11:30am
Youth Room (12-17) 3:00-5:00pm	Pickleball (18+) 12:30-3:30pm	Ancaster High Youth Room (12 - 17) 11:00am-12:00pm *With valid student ID*	Game and Activity Time (55+) 12:00-3:00pm	Ancaster High Youth Room (12 - 17) 11:00am-12:00pm *With valid student ID*	Game and Activity Time (6-8) 10:30-11:30am	Game and Activity Time (9-12) 11:30am-12:30pm
Open Gym (13-17) 3:45-4:45pm	Youth Room (12-17) 3:00-5:00pm	Badminton (18+) 12:30-3:30pm	Youth Room (12-17) 3:00-5:00pm	Badminton (18+) 12:30-3:30pm	Game and Activity Time (9-12) 11:30am-12:30pm	Youth Room (12-17) 12:30-3:30pm
Game and Activity Time (6 - 8) 5:00-6:00pm	Game and Activity Time (6 - 8) 5:00-6:00pm	Youth Room (12-17) 3:00-5:00pm	Open Gym (13-17) 4:00-5:30pm	Youth Room (12-17) 3:00-5:00pm	Game and Activity Time (Family) 12:30-3:30pm	
Game and Activity Time (9 - 12) 6:00-7:00pm	Game and Activity Time (9 - 12) 6:00-7:00pm	Open Gym - FREE (9 - 12) 4:00-5:30pm	Game and Activity Time (6 - 8) 5:00-6:00pm	Open Gym (13 - 17) 4:00-5:30pm	Pickleball (18+) 1:00-4:00pm	
Pickleball (18+) 7:30-9:00pm		Game and Activity Time (Family) 5:00-7:00pm	Game and Activity Time (9 - 12) 6:00-7:00pm	Open Gym (Family) 4:00-5:30pm		
		Youth Room (12-17) 7:00-9:00pm		Game and Activity Time (9 - 12) 5:00-8:00pm		
		Basketball (18+) 7:45-9:45pm		Volleyball (16+) 6:00-8:00pm		

NOTES: Centre will be closed on February 17, 2025 (Family Day)

Centre will be on a modified schedule From March 10-16, 2025 (March Break)

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