



NOTES: Centre will be on a modified schedule on February 17, 2025 (Family Day) and from March 10-16, 2025 (March Break)

GYM SCHEDULE – WINTER 2025 – January 6, 2025 – April 6, 2025						
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 <i>*With valid student ID*</i>	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 <i>*With valid student ID*</i>	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 <i>*With valid student ID*</i>	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 <i>*With valid student ID*</i>	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		