



GYM SCHEDULE – SPRING 2024 – APRIL 1, 2024 – JUNE 30, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|---|
| Pickleball (18+) 8:30 – 11:30am | Pickleball (18+) 8:45 – 11:00am | Open Gym Parent and 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 | Youth Room (6 - 12) 1:00 – 2:30pm |
| Pickleball (18+) 11:30 – 2:30pm | Westmount High Open Gym (12 - 17) 11:15 – 2:00pm *Must present valid student ID* | Table Tennis (18+) 10:30 – 12:30pm | Open Gym Parent and Tot (0-5) 10:00 – 11:00am | Table Tennis (18+) 10:30 – 12:30pm | Volleyball (16+) 2:00 – 4:00pm | Youth Room (13 - 17) 2:30 – 4:00pm |
| Open Gym (6 - 12) 3:00 – 5:00pm | Westmount High Youth Room (12 - 17) 11:15 – 2:00pm *Must present valid student ID* | Pickleball (18+) 11:00 – 2:30pm | Adapted Yoga (All Ages) 10:00 – 11:00am \$2.49 Admission | Westmount High Open Gym (12 - 17) 11:15 – 2:00pm *Must present valid student ID* | Youth Room (Family) 2:00 – 4:00pm | |
| Open Gym (Family) 5:15 – 7:15pm | Open Gym Youth (13-17) 3:00 – 5:00pm | Open Gym Youth (13 - 17) 3:00 – 5:00pm | Open Gym Adapted (All Ages) 11:15 – 12:15pm | Westmount High Youth Room (12 - 17) 11:15 – 2:00pm *Must present valid student ID* | | |
| Basketball (13 - 17) 5:30 – 7:30pm | Volleyball Youth (13 - 17) 3:00 – 5:00pm | Youth Room (6 - 12) 7:00 – 8:00pm | Badminton (18+) 12:45 – 2:45pm | Open Gym FREE (6 - 12) 3:00 – 5:00pm | | |
| Table Tennis (18+) 6:30 – 8:30pm | Youth Room (Family) 6:00 – 8:00pm | Youth Room (13 - 17) 8:00 – 9:00pm | Open Gym Youth (13 – 17) 3:00 – 4:00pm | Youth Room FREE (6 – 12) 3:00 – 5:00pm | | |
| Basketball (18+) 7:30 – 9:00pm | | Volleyball (16+) 7:30 – 9:00pm | Youth Room (13 – 17) 6:00 – 8:00pm | Basketball (13-17) 5:15 – 6:45pm | | |
| | | | | Youth Room (13 – 17) 6:00 – 8:00pm | | |
| | | | | Basketball (18+) 7:00 – 8:30pm | | |

NOTES: Centre will be Closed April 1, 2024 (Easter Monday) and May 20, 2024 (Victoria Day)

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

