

Sept - Dec

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM			Drop In Pickleball	Drop In Pickleball	Drop In Pickleball		
9:30 AM							
10:00 AM							
10:30 AM			Chair Yoga	Family Sport Drop in	Senior Social		
11:00 AM							
11:30 AM						Parent & Tot sport	
12:00 PM			Power Hr Strength	Power Hr Zumba			
12:30 PM							
1:00 PM			Seniors Fitness	Seniors Fitness	Seniors Fitness		
1:30 PM							
2:00 PM			Adult drop in	Adult drop in	Adult drop in		
2:30 PM							
3:00 PM			Grades 1 -7 Active Play	Youth Drop Grades 8 - 12	Grades 1 -7 Active Play		
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							