CITY WIDE | DROP IN OPEN GYM & SPORT SCHEDULE | WINTER 2019 | JAN 6 - MAR 30

***DOWNLOAD THE REC CENTRES MOBILE APP* & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES**

	SUN	MON	TUE	WED	THU	FRI	SAT
ACT AQUATIC & RECREATION CENTRE							
BADMINTON/PICKLEBALL	*4-6PM*	*12-3PM*	3:30-4PM *4-6PM*	*9AM-11AM*	3:30-4PM *4-6PM*	*12-3PM*	
PARENT & TOT/CHILD OPEN GYM		9-11:45AM				9-11:45AM *(Shared Space)*	
FITNESS ON FRIDAYS						9-11:45AM *(Shared Space)*	
OPEN GYM						3-5:45PM	
OPEN SENSORY ROOM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM
CLAREVIEW COMMUNITY RECREATION CENTRE							
BADMINTON		5:45-7:45PM			5:45-7:45PM		1-2:45PM
BASKETBALL	7-9:45AM 1-4PM					7-10:30PM	7-9:45AM 3-5PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
PICKLEBALL			7-9AM		7-8:45AM		
TABLE TENNIS	12-4PM					5-8PM	
VOLLEYBALL					4-5:30PM (ALL AGES)		9-10:30PM (ADULT)
COMMONWEALTH COMMUNITY RECREATION CENTRE							
BADMINTON	6-9PM		6-9AM	7-8:30PM	6-9AM		
BASKETBALL	12-3:45PM		6-7:45PM		5-7:45PM		
OPEN GYM		4-5:45PM	4-6PM		12-5PM	4-6PM	4-9PM
OPEN TURF	1:30-3:45PM	5-6:45PM	5-6:45PM	5-6:45PM	1:30-6:45PM	5-6:45PM	4-6:45PM
ST FRANCIS XAVIER SPORTS CENTRE							
BADMINTON	2-5:45PM						
BADMINTON/PICKLEBALL	7-8:45AM				5-6:45PM		
BASKETBALL		5-7PM		5-7PM		5-7:45PM	7-9AM
OPEN GYM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM
VOLLEYBALL - ADULT			5-6:45PM			8-10PM	8-10PM
TERWILLEGAR COMMUNITY RECREATION CENTRE							
BADMINTON	5:30-9:30AM 12-3PM	5:30-9:45AM 3-6PM	5:30-8:45AM	5:30-9:45AM	5:30-8:45AM	5:30-9:45AM	5:30-9:45AM 3-5PM
BASKETBALL	3-6PM						5-7PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
PICKLEBALL *For players of all skill levels unless indicated otherwise*		1-4PM	7-10AM 1-3:45PM *(Advanced)*	1-4PM	1:45-4PM *(Beginner)*	1-4PM	
TABLE TENNIS	3:30-10:30PM	6:45-10:30PM	4:30-10:30PM	4:30-10:30PM	12-4:30PM 7:30-10:30PM	4:30-10:30PM	9-11:45AM 12:45-10:30PM
VOLLEYBALL - ADULT	8-10:30PM						
THE MEADOWS COMMUNITY RECREATION CENTRE							
BADMINTON	7-9:45AM						7-9:45AM
BASKETBALL	1-4PM						3-5PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
PICKLEBALL		1:30-4PM	8-10AM 11:30AM-2:30PM	11:30AM-2:30PM	8-10AM	1:30-4PM	
TABLE TENNIS	9AM-12PM	5-8PM	5-8PM	5-8PM	1-8PM	5-8PM	10AM-1PM
VOLLEYBALL	8-11AM						

***Indicates bookable court time. Until further notice - due to technical difficulties courts at ACT are currently not bookable.**

☆ *NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations. ***DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule***, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit edmonton.ca/FindYourFIt for weekly drop-in schedules. ***Revised December 19 2018.***

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PROGRAM DESCRIPTIONS	
BADMINTON	Be fast on your feet and bring your family and friends for some badminton play in our gymnasium. All ages and abilities welcome.
BADMINTON/PICKLEBALL	Come out and play Badminton and pickleball! Nets will be set up based on demand for both badminton and pickleball.
BASKETBALL	Come shoot some hoops with your family and friends. All ages and abilities welcome.
PARENT & TOT/CHILD OPEN GYM	A fun drop in opportunity for families with children 12 and under to participate in sports such as basketball, floor hockey, badminton and many other fun games and activities. Equipment offered is designed specifically for preschool and school aged children and is open to all levels and abilities. Children must be actively supervised by a responsible person aged 16 years or older with a maximum of 3 children per person. Membership Pass holders: ● Free Non-Members: ● $7.50 for one adult and one child ● $5 for one adult and one tot (under 23 months) ● $5 for each additional adult ● $5 for each additional child ● Free for children under 2 years
FITNESS ON FRIDAYS	Dedicated drop in play time for persons with disabilities to safely and comfortably partake in gymnasium activities such as basketball, badminton, and many more!
OPEN GYM	A first-come, first-served opportunity based on demand for drop-in play activities such as basketball, badminton and more! This time is designated for fun, spontaneous use and not intended for organized team practices or dedicated games.
OPEN SENSORY ROOM	The Sensory Room is designed for persons who would benefit from sensory stimulation. The room allows individuals to interact with and control a variety of sensory experiences. Sensory equipment can help develop key life skills including vocalization, gross motor skills, color recognition and tracking in a gentle and relaxing way.
OPEN TURF	Bring the family down and participate in a variety of activities including soccer, football, baseball, frisbee, and rugby in our state of the art indoor field house.
PICKLEBALL	Come out and play some pickleball! Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis.
TABLE TENNIS	Try a game of table tennis. Sharpen your reflexes and reaction time with this fast-paced and fun game.
VOLLEYBALL - ADULT	Practice your volley, set and spike with friends and family. Must be 18+ to participate.
VOLLEYBALL - ALL AGES	Practice your volley, set and spike with friends and family. All ages welcome.

Quick reservations for a variety of sporting activities can also be made online or through 311 at other facilities, including ACT Aquatic and Recreation Centre, Kinsmen Sports Centre, and Mill Woods Recreation Centre.

*NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations. ***DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule***, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit edmonton.ca/FindYourFIt for weekly drop-in schedules. ***Revised December 19 2018.***