

FIELD HOUSE SCHEDULE: Far Court

December 16-22



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca

M			T			W			T			F			S			S		
Time	Far Court		Time	Far Court		Time	Far Court		Time	Far Court		Time	Far Court		Time	Far Court		Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)	7:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)
6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00	Booking	Pickleball (No Field House staff/no equipment available)	6:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)
6:30			6:30			6:30			6:30			6:30			6:30			7:30		
7:00	Booking	Pickleball (No Field House staff/equipment available)	7:00	Pickleball (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	7:00	Booking	Pickleball (No Field House staff/equipment available)	7:00	Pickleball (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	7:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	7:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	7:30	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)
7:30			7:30			7:30			7:30			7:30			7:30			8:00		
8:00		Pickleball	8:00	Pickleball	Pickleball	8:00		Pickleball	8:00	Pickleball	Pickleball	8:00	Badminton	Pickleball	8:00	Pickleball	Badminton	8:00	Badminton	Pickleball
8:30			8:30			8:30			8:30			8:30			8:30			8:30		
9:00	Badminton	Pickleball	9:00	Pickleball	Pickleball	9:00	Badminton	Pickleball	9:00	Pickleball	Pickleball	9:00	Badminton	Pickleball	9:00	Pickleball	Badminton	9:00	Badminton	Pickleball
9:30			9:30			9:30			9:30			9:30			9:30			9:30		
10:00	Badminton	Pickleball	10:00	Pickleball	Pickleball	10:00	Badminton	Pickleball	10:00	Pickleball	Pickleball	10:00	Badminton	Pickleball	10:00	Pickleball	Badminton	10:00		
10:30			10:30			10:30			10:30			10:30			10:30			10:30		
11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball	11:00	Pickleball	Badminton	11:00		
11:30			11:30			11:30			11:30			11:30			11:30			11:30		
12:00	Badminton	Pickleball	12:00	Pickleball	Pickleball	12:00	Badminton	Pickleball	12:00	Pickleball	Pickleball	12:00	Badminton	Pickleball	12:00	Pickleball	Badminton	12:00		
12:30			12:30			12:30			12:30			12:30			12:30			12:30		
1:00	Badminton	Drop-in Pickleball	1:00	Pickleball	Pickleball	1:00	Badminton	Drop-in Pickleball	1:00	Pickleball	Pickleball	1:00	Badminton	Drop-in Pickleball	1:00	Pickleball	Badminton	1:00		
1:30	Badminton		1:30	Pickleball	Pickleball	1:30	Badminton		1:30	Pickleball	Pickleball	1:30	Badminton		1:30	Pickleball	Badminton	1:30	Pickleball	Badminton
2:00	Badminton		2:00	Pickleball	Pickleball	2:00	Badminton		2:00	Pickleball	Pickleball	2:00	Badminton		2:00	Pickleball	Badminton	2:00		
2:30			2:30			2:30			2:30			2:30			2:30			2:30		
3:00	Badminton	Pickleball	3:00	Pickleball	Pickleball	3:00	Badminton	Pickleball	3:00	Pickleball	Pickleball	3:00	Badminton	Pickleball	3:00	Pickleball	Badminton	3:00		
3:30			3:30			3:30			3:30			3:30			3:30			3:30		
4:00	Badminton	Pickleball	4:00	Pickleball	Pickleball	4:00	Badminton	Pickleball	4:00	Pickleball	Pickleball	4:00	Badminton	Pickleball	4:00	Pickleball	Badminton	4:00		
4:30			4:30			4:30			4:30			4:30			4:30			4:30		
5:00	Badminton	Pickleball	5:00			5:00	Badminton	Pickleball	5:00			5:00	Badminton	Pickleball	5:00	Pickleball	Badminton	5:00		
5:30			5:30			5:30			5:30			5:30			5:30			5:30		
6:00	Badminton	Pickleball	6:00			6:00	Badminton	Pickleball	6:00			6:00	Badminton	Pickleball	6:00	Pickleball	Badminton	6:00	Badminton	Pickleball
6:30			6:30			6:30			6:30			6:30			6:30			6:30		
7:00			7:00			7:00			7:00			7:00	Badminton		7:00	Pickleball	Badminton	7:00	Badminton	Pickleball
7:30			7:30			7:30			7:30			7:30			7:30			7:30		
8:00			8:00			8:00			8:00	Pickleball	Pickleball	8:00	Badminton		8:00	Pickleball	Badminton	8:00	Badminton	Pickleball
8:30			8:30			8:30			8:30			8:30			8:30			8:30		
9:00			9:00			9:00			9:00	Pickleball	Pickleball	9:00	Badminton		9:00			9:00		
9:30			9:30			9:30			9:30			9:30			9:30			9:30		

Legend	
Cleaning / Space Unavailable	

Badminton and Pickleball Courts require booking, except from 5:30am-6am, Monday-Friday. CGC Members can book Pickleball/Badminton courts up to 3 days in advance as of 9am every day (online through MyRec or in-person at the Customer Service Desk). Non-members and 10 Punch Pass holders can book 1 day in advance as of 9am every day (online through MyRec or in-person at the Customer Service Desk). The full Track is available during Facility Hours, unless otherwise noted in Track Bookings below.

TRACK BOOKINGS:	
6am-7am	Lanes 3,4,5,6
11am-12pm	CGC Pgm - TRX Alcove
1pm-3pm	\$4 Track
6pm-7pm	CGC Pgm - TRX Alcove
6:30pm-7:30pm	Lane 6
7pm-8pm	Lane 1
7:30pm-9:30pm	Lanes 5,6 + SB + LJP

TRACK BOOKINGS:	
10am-11:30am	CGC Pgm - SB
6pm-8pm	CGC Pgm - SB

TRACK BOOKINGS:	
6am-7am	Lanes 3,4,5,6
11am-12pm	CGC Pgm - TRX Alcove
1pm-3pm	\$4 Track
7pm-8pm	Track Lane 1
8pm-10pm	Lanes 4/5/6 + SB

TRACK BOOKINGS:	
6pm-8pm	CGC Pgm - SB
7pm-8pm	Lanes 5,6
8pm-10pm	Lanes 4,5,6 + SB + LJP

TRACK BOOKINGS:	
11am-12pm	CGC Pgm - TRX Alcove
1pm-3pm	\$4 Track
6pm-7pm	Lanes 5/6
7pm-8:30pm	Lanes 5/6 + SB + LJP

TRACK BOOKINGS:	
9am-11am	Lanes 4,5,6 + SB

TRACK BOOKINGS:	
7:30am-9:30am	Lanes 4/5/6
9am-10am	Lane 6
7pm-9pm	Lanes 4,5,6 + SB + LJP

FIELD HOUSE SCHEDULE: Centre & Near Court

December 16-22



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca

M		
Time	Centre Court	Near Court
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:00	CGC Program	Rise & Grind 6am-7am
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)
7:00		
7:30	Booking	
8:00		Basketball
8:30		
9:00	Pickleball	Cardio Combat 9:15am-10:15am
9:30	Pickleball	
10:00	Pickleball	
10:30	Pickleball	Fit for Life 10:30am-11:30am
11:00	Pickleball	
11:30	Pickleball	
12:00	Pickleball	
12:30	Pickleball	
1:00	Drop-in Pickleball	Basketball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		Pumped 5:45pm-6:45pm
6:30		
7:00		
7:30		
8:00	Booking	Basketball
8:30		
9:00		
9:30		

T			
Time	Centre Court	Near Court	
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30			
7:00			
7:30	Booking		
8:00		Basketball	
8:30			
9:00	Badminton		Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30	Badminton		Fit for Life 10:30am-11:30am
11:00	Badminton		
11:30	Badminton		Booking
12:00	Badminton		
12:30	Badminton		
1:00	Badminton		
1:30	Badminton		
2:00	Badminton		
2:30	Badminton		
3:00	Badminton		
3:30	Badminton	CGC Program	
4:00	Badminton		
4:30	Badminton		
5:00			
5:30			
6:00		HIIT/Core 5:45pm-6:45pm	
6:30			
7:00		Zumba 7pm-8pm	
7:30			
8:00			
8:30			
9:00			
9:30			

W			
Time	Centre Court	Near Court	
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	CGC Program	Midweek Momentum 6am-7am	
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)	
7:00			
7:30	Booking		
8:00		Basketball	
8:30			
9:00	Pickleball		Pumped 9:15am-10:15am
9:30	Pickleball		
10:00	Pickleball		
10:30	Pickleball		Fit for Life 10:30am-11:30am
11:00	Pickleball		
11:30	Pickleball		
12:00	Pickleball		
12:30	Pickleball		
1:00	Drop-in Pickleball	Basketball	
1:30			
2:00			
2:30			
3:00			
3:30		CGC Program	
4:00			
4:30			
5:00			
5:30			
6:00		Pumped 5:45pm-6:45pm	
6:30			
7:00			
7:30	Pickleball		
8:00	Pickleball		
8:30	Pickleball		
9:00	Pickleball		
9:30	Pickleball		

T			
Time	Centre Court	Near Court	
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30			
7:00			
7:30	Booking		
8:00		Basketball	
8:30			
9:00	Badminton		Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30	Badminton		Fit for Life 10:30am-11:30am
11:00	Badminton		
11:30	Badminton		Booking
12:00	Badminton		
12:30	Badminton		
1:00	Badminton		
1:30	Badminton		
2:00	Badminton		
2:30	Badminton		
3:00	Badminton		
3:30	Badminton	CGC Program	
4:00	Badminton		
4:30	Badminton		
5:00			
5:30			
6:00		HIIT/Core 5:45pm-6:45pm	
6:30			
7:00		Zumba 7pm-8pm	
7:30			
8:00			
8:30			
9:00			
9:30			

F			
Time	Centre Court	Near Court	
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30			
7:00			
7:30	Booking		
8:00		Basketball	
8:30			
9:00	Pickleball		HIIT 9:15am-10:15am
9:30	Pickleball		
10:00	Pickleball		
10:30	Pickleball		Fit for Life 10:30am-11:30am
11:00	Pickleball		
11:30	Pickleball		
12:00	Pickleball		
12:30	Pickleball		
1:00	Drop-in Pickleball	Basketball	
1:30			
2:00			
2:30			
3:00			
3:30		CGC Program	
4:00			
4:30			
5:00			
5:30			
6:00		HIIT/Core 5:45pm-6:45pm	
6:30			
7:00		Zumba 7pm-8pm	
7:30			
8:00			
8:30			
9:00			
9:30			

S			
Time	Centre Court	Near Court	
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)		
7:30			
8:00	Basketball		
8:30		Booking	
9:00	Bootcamp 9:15am-10:15am		
9:30			
10:00			
10:30	Zumba 10:30am-11:30am		
11:00			
11:30			
12:00	Basketball		
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30	Booking		
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			

S		
Time	Centre Court	Near Court
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
7:30		
8:00		Basketball
8:30		
9:00		
9:30		
10:00	HIIT 10am-11am	
10:30		
11:00		
11:30		
12:00	Badminton	
12:30	Badminton	
1:00	Badminton	
1:30	Badminton	
2:00	Badminton	
2:30	Badminton	
3:00	Badminton	
3:30	Badminton	
4:00	Badminton	
4:30	Badminton	
5:00	Badminton	
5:30		
6:00		
6:30		
7:00		
7:30		
8:00		
8:30		

Legend
Cleaning / Space Unavailable