

FIELD HOUSE SCHEDULE: Badminton/Pickleball (Page 1)

July 19th-July 25th, 2021



M			
Time	Far Court		
6:00			
6:30			
7:00	7:15am-8:15am Badminton (No Equipment Available)	7:15am-8:15am Pickleball (No Equipment Available)	
7:30			
8:00			
8:30			
9:00	CGC Program		
9:30			
10:00			
10:30			
11:00	11am-12pm Pickleball		
11:30			
12:00	12:15pm-1:15pm Pickleball		
12:30			
1:00	CGC Program	CGC Program	
1:30			
2:00			
2:30	2:45pm-3:45pm Badminton		
3:00			
3:30			
4:00	4pm-5pm Pickleball		4pm-5pm Badminton
4:30			
5:00	Volleyball Nova Scotia		
5:30			
6:00			
6:30			
7:00			
7:30			
8:00	8pm-9pm Pickleball	8pm-9pm Badminton	
8:30			

T			
Time	Far Court		
6:00			
6:30			
7:00	7:15am-8:15am Pickleball (No Equipment Available)	7:15am-8:15am Badminton (No Equipment Available)	
7:30			
8:00			
8:30			
9:00	CGC Program		
9:30			
10:00			
10:30			
11:00	11am-12pm Pickleball		
11:30			
12:00	12:15pm-1:15pm Pickleball		
12:30			
1:00	CGC Program	CGC Program	
1:30			
2:00			
2:30	2:45pm-3:45pm Badminton		
3:00			
3:30			
4:00	4pm-5pm Badminton		4pm-5pm Pickleball
4:30			
5:00	Volleyball Nova Scotia		
5:30			5:30pm-6:30pm Badminton
6:00			5:30pm-6:30pm Pickleball
6:30			6:45pm-7:45pm Badminton
7:00			
7:30			
8:00	8pm-9pm Badminton		
8:30			

W			
Time	Far Court		
6:00			
6:30			
7:00	7:15am-8:15am Badminton (No Equipment Available)	7:15am-8:15am Pickleball (No Equipment Available)	
7:30			
8:00			
8:30			
9:00	CGC Program		
9:30			
10:00			
10:30			
11:00	11am-12pm Pickleball		
11:30			
12:00	12:15pm-1:15pm Pickleball		
12:30			
1:00	CGC Program	CGC Program	
1:30			
2:00			
2:30	2:45pm-3:45pm Badminton		
3:00			
3:30			
4:00	4pm-5pm Pickleball		4pm-5pm Badminton
4:30			
5:00	Volleyball Nova Scotia		
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			

T			
Time	Far Court		
6:00			
6:30			
7:00	7:15am-8:15am Pickleball (No Equipment Available)	7:15am-8:15am Badminton (No Equipment Available)	
7:30			
8:00			
8:30			
9:00	CGC Program		
9:30			
10:00			
10:30			
11:00	11am-12pm Pickleball		
11:30			
12:00	12:15pm-1:15pm Pickleball		
12:30			
1:00	CGC Program	CGC Program	
1:30			
2:00			
2:30	2:45pm-3:45pm Badminton		
3:00			
3:30			
4:00	4pm-5pm Badminton		4pm-5pm Pickleball
4:30			
5:00	Volleyball Nova Scotia		
5:30			
6:00			
6:30			
7:00			
7:30			
8:00	8pm-9pm Badminton		
8:30			

F			
Time	Far Court		
6:00			
6:30			
7:00	7:15am-8:15am Badminton (No Equipment Available)	7:15am-8:15am Pickleball (No Equipment Available)	
7:30			
8:00			
8:30			
9:00	CGC Program		
9:30			
10:00			
10:30			
11:00	11am-12pm Pickleball		
11:30			
12:00	12:15pm-1:15pm Pickleball		
12:30			
1:00	CGC Program	CGC Program	
1:30			
2:00			
2:30	2:45pm-3:45pm Pickleball		
3:00			
3:30			
4:00	4pm-5pm Badminton		4pm-5pm Pickleball
4:30			
5:00	Volleyball Nova Scotia		
5:30			5:30pm-6:30pm Badminton
6:00			5:30pm-6:30pm Pickleball
6:30			6:45pm-7:45pm Badminton
7:00			
7:30			
8:00	Booking	8pm-9pm Badminton	
8:30			

S		
Time	Far Court	
7:00		
7:30		
8:00	8am-9am Pickleball (No Equipment Available)	8am-9am Badminton (No Equipment Available)
8:30		
9:00	9:15am-10:15am Pickleball	9:15am-10:15am Badminton
9:30		
10:00		
10:30	10:30am-11:30am Pickleball	10:30am-11:30am Badminton
11:00		
11:30		
12:00	11:45am-12:45pm Pickleball	11:45am-12:45pm Badminton
12:30		
1:00	1pm-2pm Pickleball	1pm-2pm Badminton
1:30		
2:00	2:15pm-3:15pm Pickleball	2:15pm-3:15pm Badminton
2:30		
3:00		
3:30	3:30pm-4:30pm Pickleball	3:30pm-4:30pm Badminton
4:00		
4:30		

S		
Time	Far Court	
7:00		
7:30		
8:00	8am-9am Badminton (No Equipment Available)	8am-9am Pickleball (No Equipment Available)
8:30		
9:00	9:15am-10:15am Badminton	9:15am-10:15am Pickleball
9:30		
10:00		
10:30	10:30am-11:30am Badminton	10:30am-11:30am Pickleball
11:00		
11:30		
12:00	11:45am-12:45pm Badminton	11:45am-12:45pm Pickleball
12:30		
1:00	1pm-2pm Badminton	1pm-2pm Pickleball
1:30		
2:00	2:15pm-3:15pm Badminton	2:15pm-3:15pm Pickleball
2:30		
3:00		
3:30	3:30pm-4:30pm Badminton	3:30pm-4:30pm Pickleball
4:00		
4:30		

Legend
Cleaning / Space Unavailable

All activities require booking. Activities can be booked online or in-person as early as 7 days in advance and up to the hour before, provided there is still space available. You can also book more than one time slot/day. (More on [Booking](#) available online).

For details on current safety measures and modifications to amenities and activities, please visit [Facility Reopening](#) on our website.

FIELD HOUSE SCHEDULE: Basketball (Page 2)

July 19th-July 25th, 2021



M		
Time	Centre Court	Near Court
6:00		
6:30		
7:00	7:15am-8:15am Basketball (No Equipment Available)	
7:30		
8:00		CGC Program
8:30	CGC Program	CGC Program
9:00		Cardio Combat 9:15am-10:15am
9:30		
10:00		
10:30		Fit for Life 10:30am-11:30am
11:00		
11:30		
12:00		12:15pm-1:15pm Basketball
12:30		
1:00	CGC Program	
1:30		1:30pm-2:30pm Basketball
2:00		
2:30		2:45pm-3:45pm Basketball
3:00		
3:30		
4:00	4pm-5pm Basketball	CGC Program
4:30		
5:00		
5:30	5:30pm-6:30pm Basketball	
6:00		Pumped 5:45pm-6:45pm
6:30		
7:00	6:45pm-7:45pm Basketball	Zumba 7pm-7:45pm
8:00		8pm-9pm Basketball
8:30		

T		
Time	Centre Court	Near Court
6:00		
6:30		
7:00	7:15am-8:15am Basketball (No Equipment Available)	
7:30		
8:00		CGC Program
8:30	CGC Program	CGC Program
9:00		Dance Fusion 9:15am-10:15am
9:30		
10:00		
10:30		Zumba Gold 10:30am-11:30am
11:00		
11:30		
12:00		12:15pm-1:15pm Basketball
12:30		
1:00	CGC Program	
1:30		1:30pm-2:30pm Basketball
2:00		
2:30		2:45pm-3:45pm Basketball
3:00		
3:30		
4:00	4pm-5pm Basketball	CGC Program
4:30		
5:00		
5:30	5:30pm-6:30pm Basketball	
6:00		HIIT/Core 5:45pm-6:45pm
6:30		
7:00	6:45pm-7:45pm Basketball	
7:30		Booking
8:00		8pm-9pm Basketball
8:30		

W		
Time	Centre Court	Near Court
6:00		
6:30		
7:00	7:15am-8:15am Basketball (No Equipment Available)	
7:30		
8:00		CGC Program
8:30	CGC Program	CGC Program
9:00		Pumped 9:15am-10:15am
9:30		
10:00		
10:30		Fit for Life 10:30am-11:30am
11:00		
11:30		
12:00		12:15pm-1:15pm Basketball
12:30		
1:00	CGC Program	
1:30		1:30pm-2:30pm Basketball
2:00		
2:30		2:45pm-3:45pm Basketball
3:00		
3:30		
4:00	4pm-5pm Basketball	CGC Program
4:30		
5:00		
5:30	5:30pm-6:30pm Basketball	
6:00		Pumped 5:45pm-6:45pm
6:30		
7:00	Booking	Dance Fusion 7pm-7:45pm
7:30		
8:00		8pm-9pm Basketball
8:30		

T		
Time	Centre Court	Near Court
6:00		
6:30		
7:00	7:15am-8:15am Basketball (No Equipment Available)	
7:30		
8:00		CGC Program
8:30	CGC Program	CGC Program
9:00		Dance Fusion 9:15am-10:15am
9:30		
10:00		
10:30		Zumba Gold 10:30am-11:30am
11:00		
11:30		
12:00		12:15pm-1:15pm Basketball
12:30		
1:00	CGC Program	
1:30		1:30pm-2:30pm Basketball
2:00		
2:30		2:45pm-3:45pm Basketball
3:00		
3:30		
4:00	4pm-5pm Basketball	CGC Program
4:30		
5:00		
5:30	5:30pm-6:30pm Basketball	
6:00		HIIT/Core 5:45pm-6:45pm
6:30		
7:00	6:45pm-7:45pm Basketball	
7:30		Booking
8:00		8pm-9pm Basketball
8:30		

F		
Time	Centre Court	Near Court
6:00		
6:30		
7:00	7:15am-8:15am Basketball (No Equipment Available)	
7:30		
8:00		CGC Program
8:30	CGC Program	CGC Program
9:00		Cardio Combat 9:15am-10:15am
9:30		
10:00		
10:30		Fit for Life 10:30am-11:30am
11:00		
11:30		
12:00		12:15pm-1:15pm Basketball
12:30		
1:00	CGC Program	
1:30		1:30pm-2:30pm Basketball
2:00		
2:30		2:45pm-3:45pm Basketball
3:00		
3:30		
4:00	4pm-5pm Basketball	CGC Program
4:30		
5:00		
5:30	5:30pm-6:30pm Basketball	
6:00		Booking
6:30		
7:00	6:45pm-7:45pm Basketball	
7:30		
8:00		8pm-9pm Basketball
8:30		

S		
Time	Centre Court	Near Court
7:00	7am-8am Basketball	
7:30	(No Equipment Available)	
8:00		8:15am-9:15am Basketball
8:30		
9:00	HIIT 9:15am-10:15am	
9:30		9:30am-10:30am Basketball
10:00		
10:30	Zumba 10:45am-11:45am	10:45am-11:45am Basketball
11:00		
11:30		
12:00		12pm-1pm Basketball
12:30		
1:00	1pm-2pm Basketball	1:15pm-2:15pm Basketball
1:30		
2:00		
2:30	2:15pm-3:15pm Basketball	2:30pm-3:30pm Basketball
3:00		
3:30	3:45pm-4:45pm Basketball	
4:00		
4:30		

S		
Time	Centre Court	Near Court
7:00	7am-8am Basketball	
7:30	(No Equipment Available)	
8:00	8:15am-9:15am Basketball	8:15am-9:15am Basketball
8:30		
9:00		
9:30	Cardio Combat 10am-11am	9:30am-10:30am Basketball
10:00		
10:30		10:45am-11:45am Basketball
11:00		
11:30	11:45am-12:45pm Basketball	
12:00		12pm-1pm Basketball
12:30		
1:00	1pm-2pm Basketball	1:15pm-2:15pm Basketball
1:30		
2:00		
2:30	2:15pm-3:15pm Basketball	2:30pm-3:30pm Basketball
3:00		
3:30	3:45pm-4:45pm Basketball	
4:00		
4:30		

Legend
Cleaning / Space Unavailable

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