

FIELD HOUSE SCHEDULE: Far Court

January 22nd-28th, 2024



canadagamescentre.ca

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

T		
Time	Far Court	
5:30	Pickleball (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)
6:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
8:00	Pickleball	Pickleball
8:30	Pickleball	Pickleball
9:00	Pickleball	Pickleball
9:30	Pickleball	Pickleball
10:00	Pickleball	Pickleball
10:30	Pickleball	Pickleball
11:00	Pickleball	Pickleball
11:30	Pickleball	Pickleball
12:00	Pickleball	Pickleball
12:30	Pickleball	Pickleball
1:00		CGC Program
1:30	Badminton	CGC Program
2:00	Badminton	CGC Program
2:30	Badminton	CGC Program
3:00	Badminton	Pickleball
3:30	Badminton	Pickleball
4:00	Badminton	Pickleball
4:30	Badminton	Pickleball
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00	CGC Program	
7:30		
8:00		
8:30		
9:00	Booking	
9:30		

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

T		
Time	Far Court	
5:30	Pickleball (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)
6:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
8:00	Pickleball	Pickleball
8:30	Pickleball	Pickleball
9:00	Pickleball	Pickleball
9:30	Pickleball	Pickleball
10:00	Pickleball	Pickleball
10:30	Pickleball	Pickleball
11:00	Pickleball	Pickleball
11:30	Pickleball	Pickleball
12:00	Pickleball	Pickleball
12:30	Pickleball	Pickleball
1:00		CGC Program
1:30	Badminton	CGC Program
2:00	Badminton	CGC Program
2:30	Badminton	CGC Program
3:00	Badminton	Pickleball
3:30	Badminton	Pickleball
4:00	Badminton	Pickleball
4:30	Badminton	Pickleball
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00	CGC Program	
7:30		
8:00	Badminton	Booking
8:30	Badminton	
9:00	Badminton	
9:30	Badminton	

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

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

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
1pm-3pm \$4 Track
1:15pm-2:15pm CGC Pgm - Track SB
2:30pm-3:30pm CGC Pgm - Track SB + Lane 6
5pm - 8pm Track SB + Lane 6
6pm-7pm CGC Pgm - TRX Alcove
7pm-8pm Lane 1
8pm-10pm Lanes 4/5/6 + Jump Pit

TRACK BOOKINGS:
6am-7am CGC Pgm - Track SB
6am-7:30am Lanes 5/6
6:30am-7:30am Lanes 3/4
10:30-11:30am Lanes 5/6
1:30pm-2:30pm CGC Pgm - Track SB
2:30pm-3:30pm Lane 6
4:30pm-5:30pm Lanes 5/6 + SB
6pm-7:30pm Lane 6 + Jump Pit
6pm-8pm CGC Pgm - Track SB
8pm-10pm Competitive Track Clubs - Full Track

TRACK BOOKINGS:
6:30am-7:30am Lanes 5/6
1pm-3pm \$4 Track
1:15pm-2:15pm CGC Pgm - Track SB
2:30pm-3:30pm CGC Pgm - Track SB + Lane 6
6pm-8pm Track SB + Lane 6
6:30pm-7:30pm Lanes 4/5
7pm-8pm Lane 1
8pm-10pm Lanes 4/5/6 + Jump Pit

TRACK BOOKINGS:
6am-7am CGC Pgm - Track SB
6am-7:30am Lanes 5/6
10:30am-11:30am Lanes 5/6
1:30pm-2:30pm CGC Pgm - Track SB
6pm-8pm CGC Pgm - Track SB
8pm-10pm Competitive Track Clubs - Full Track

TRACK BOOKINGS:
6am-7am Lanes 3/4/5/6
1pm-3pm \$4 Track
6pm-7pm Lanes 5/6
7pm-8:30pm Lane 6 + Jump Pit

TRACK BOOKINGS:
10am-12pm Lanes 4/5/6

TRACK BOOKINGS:
1pm-2pm Lane 6
7pm-9pm Competitive Track Clubs - Full Track

FIELD HOUSE SCHEDULE: Centre & Near Court

January 22nd-28th, 2024



canadagamescentre.ca

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

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

Legend	
Cleaning / Space Unavailable	