

FIELD HOUSE SCHEDULE: Far Court

July 15-21, 2024



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

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

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/equipment)	Pickleball (No Field House staff/equipment)
6:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
7:00	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
7:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
8:00	Badminton	Pickleball
8:30	Badminton	Pickleball
9:00	CGC Summer Camps	Pickleball
9:30		Pickleball
10:00		Pickleball
10:30		Pickleball
11:00		Pickleball
11:30		Pickleball
12:00	Pickleball	Pickleball
12:30	Pickleball	Pickleball
1:00	Drop-in Pickleball	Pickleball
1:30		Pickleball
2:00		Pickleball
2:30		Pickleball
3:00		Pickleball
3:30		Pickleball
4:00		Pickleball
4:30		Pickleball
5:00	Badminton	Pickleball
5:30	Badminton	Pickleball
6:00	Badminton	Pickleball
6:30		
7:00		
7:30		
8:00	Booking	
8:30	Booking	
9:00	Booking	
9:30	Booking	

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

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

S		
Time	Far Court	
7:00	Pickleball (No Field House staff/equipment)	Badminton (No Field House staff/equipment)
7:30	Pickleball	Badminton
8:00	Pickleball	Badminton
8:30	Pickleball	Badminton
9:00	Pickleball	Badminton
9:30	Pickleball	Badminton
10:00	Pickleball	Badminton
10:30	Pickleball	Badminton
11:00	Pickleball	Badminton
11:30	Pickleball	Badminton
12:00	Pickleball	Badminton
12:30	Pickleball	Badminton
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

S		
Time	Far Court	
7:00	Pickleball (No Field House staff/equipment)	Badminton (No Field House staff/equipment)
7:30	Pickleball	Badminton
8:00	Pickleball	Badminton
8:30	Pickleball	Badminton
9:00	Pickleball	Badminton
9:30	Pickleball	Badminton
10:00	Pickleball	Badminton
10:30	Pickleball	Badminton
11:00	Pickleball	Badminton
11:30	Pickleball	Badminton
12:00	Pickleball	Badminton
12:30	Pickleball	Badminton
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

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:
2:30pm-3:30pm CGC Pgm - Track SB
1:45pm-4:45pm CGC Summer Camps

TRACK BOOKINGS:
10am-5pm Lane 4/5/6
1:30pm-2:30pm CGC Pgm - Track SB
6pm-8pm CGC Pgm - Track SB

TRACK BOOKINGS:
1pm-3pm \$4 Track
2:30pm-3:30pm CGC Pgm - Track SB
6pm-7pm CGC Pgm - Track Alcove

TRACK BOOKINGS:
1:30pm-2:30pm CGC Pgm - Track SB
6pm-8pm CGC Pgm - Track SB

TRACK BOOKINGS:
1pm-3pm \$4 Track
1:30pm-2:30pm CGC Pgm - Track SB

TRACK BOOKINGS:

TRACK BOOKINGS:

FIELD HOUSE SCHEDULE: Centre & Near Court

July 15-21, 2024



M			
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	CGC Summer Camps	CGC Summer Camps	
8:30			
9:00			Cardio Combat 9:15-10:15am
9:30			
10:00			
10:30		Fit for Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00	CGC Summer Camps	CGC Summer Camps	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Summer Camps	CGC Summer Camps	
6:30			
7:00			
7:30			
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)	Booking	
6:00			
6:30			
7:00			
7:30			
8:00	CGC Summer Camps	CGC Summer Camps	
8:30			
9:00			Zumba 9:15am-10:15am
9:30			
10:00			
10:30		Fit For Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00	CGC Summer Camps	CGC Summer Camps	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Summer Camps	CGC Summer Camps	
6:30			
7:00			
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)	Bootcamp 6am-7am	
6:00			
6:30			
7:00			
7:30			
8:00	CGC Summer Camps	CGC Summer Camps	
8:30			
9:00			Pumped 9:15-10:15am
9:30			
10:00			
10:30		Fit for Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00	CGC Summer Camps	CGC Summer Camps	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Summer Camps	CGC Summer Camps	
6:30			
7:00			
7:30			
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	CGC Summer Camps	CGC Summer Camps	
8:30			
9:00			Zumba 9:15am-10:15am
9:30			
10:00			
10:30		Fit For Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00	CGC Summer Camps	CGC Summer Camps	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Summer Camps	CGC Summer Camps	
6:30			
7:00			
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			
6:30			
7:00			
7:30			
8:00	CGC Summer Camps	CGC Summer Camps	
8:30			
9:00			HIT 9:15am-10:15am
9:30			
10:00			
10:30		Fit for Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00	CGC Summer Camps	CGC Summer Camps	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Summer Camps	CGC Summer Camps	
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	Open Court Times (No Field House Attendant on duty and no equipment available)	
8:00	Basketball	
8:30	Basketball	
9:00	Bootcamp 9:15am-10:15am	Booking
9:30		
10:00		
10:30	Dance Fusion 10:30am-11:30am	
11:00		
11:30		
12:00		
12:30		
1:00		
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		
6:30		

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

Legend
Cleaning / Space Unavailable