

FIELD HOUSE SCHEDULE: Far Court

November 18-24



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	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)
6:30	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)
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	
2:00	Badminton	
2:30	Badminton	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	Booking	
7:30	Booking	
8:00	Booking	
8:30	Booking	
9:00	Booking	
9:30	Booking	

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

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

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

S		
Time	Far Court	
7:00	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)
7:30	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)
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	Booking	Badminton
3:30	Booking	Badminton
4:00	Booking	Badminton
4:30	Booking	Badminton
5:00	Booking	Badminton
5:30	Booking	Badminton
6:00	Booking	Badminton
6:30	Booking	Badminton
7:00	Pickleball	Badminton
7:30	Pickleball	Badminton
8:00	Pickleball	Badminton
8:30	Pickleball	Badminton

S		
Time	Far Court	
7:00	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)
7:30	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)
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	Booking	
4:30	Booking	
5:00	Booking	
5:30	Booking	
6:00	Booking	
6:30	Booking	
7:00	Badminton	Pickleball
7:30	Badminton	Pickleball
8:00	Badminton	Pickleball
8:30	Badminton	Pickleball

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:	
11am-12pm	CGC Pgm - TRX Alcove
1pm-3pm	\$4 Track
1:15pm-3:30pm	CGC Pgm - Track SB
6pm-7pm	CGC Pgm - TRX Alcove
6pm-8pm	Lanes 5/6 + Track SB & Jump Pit
6:30pm-7:30pm	Lane 6

TRACK BOOKINGS:	
6pm-8pm	CGC Pgm - Track SB

TRACK BOOKINGS:	
11am-12pm	CGC Pgm - TRX Alcove
1pm-3pm	\$4 Track
1:15pm-3:30pm	CGC Pgm - Track SB
7pm-8pm	Track Lane 1
8pm-10pm	Lanes 4/5/6 + Track SB

TRACK BOOKINGS:	
6pm-8pm	CGC Pgm - Track SB
8pm-10pm	Competitive Track Clubs - Full Track

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

TRACK BOOKINGS:	
8:30am-8:30pm	Athletics Nova Scotia Last Chance Track Meet - Full Track

TRACK BOOKINGS:	
9am-10am	Lane 6
7pm-9pm	Competitive Track Clubs - Full Track

FIELD HOUSE SCHEDULE: Centre & Near Court

November 18-24



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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		
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00		Basketball
8:30		
9:00	Pickleball	Cardio Combat 9:15am-10:15am
9:30		
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		Basketball
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		Pumped 5:45pm-6:45pm
6:30	Booking	
7:00		
7:30		
8:00	Booking	
8:30		
9:00		
9:30		Basketball

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)	
6:30		
7:00	Booking	
7:30		
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	
12:00	Badminton	
12:30	Badminton	
1:00	Badminton	
1:30	Badminton	
2:00	Badminton	
2:30	Badminton	
3:00	Badminton	
3:30	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		
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00		Basketball
8:30		
9:00	Pickleball	Pumped 9:15am-10:15am
9:30		
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	CGC Program	
4:00		
4:30		
5:00		
5:30		
6:00		Pumped 5:45pm-6:45pm
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	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30		
7:00		
7:30		
8:00	Badminton	
8:30	Badminton	Zumba 9:15am-10:15am
9:00	Badminton	
9:30	Badminton	
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	Badminton	
3:30	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	Attendant on duty and no equipment available	Finish Strong Friday 6am-7am
6:30		
7:00		
7:30		
8:00		Basketball
8:30		
9:00	Pickleball	HIIT 9:15am-10:15am
9:30		
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	CGC Program	
4:00		
4:30		
5:00		
5:30		
6:00		
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	Basketball	
8:30		
9:00	Badminton	Bootcamp 9:15am-10:15am
9:30		
10:00		
10:30		Zumba 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		
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		
8:30		
9:00		
9:30		
10:00		HIIT 10am-11am
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		
7:00		
7:30		
8:00		
8:30		

Legend
Cleaning / Space Unavailable