

FIELD HOUSE SCHEDULE: Far Court

January 20-26



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)	7:00	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)	7:00	Pickleball (No Field House staff/equipment available)	Badminton (No Field House staff/equipment available)
6:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	6:00	Pickleball (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	6:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	6:00	Pickleball (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	6:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	7:30			7:30		
6:30			6:30			6:30			6:30			6:30			8:00	Pickleball	Badminton	8:00		
7:00	Badminton (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)	7:00	Badminton (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)	7:00	Badminton (No Field House staff/equipment available)	Pickleball (No Field House staff/equipment available)	8:30	Pickleball	Badminton	8:30		
7:30			7:30			7:30			7:30			7:30			9:00	Pickleball	Badminton	9:00		
8:00	Badminton	Pickleball	8:00	Pickleball	Pickleball	8:00	Badminton	Pickleball	8:00	Pickleball	Pickleball	8:00	Badminton	Pickleball	9:30	Pickleball	Badminton	9:30		
8:30			8:30			8:30			8:30			8:30			10:00	Pickleball	Badminton	10:00		
9:00	Badminton	Pickleball	9:00	Pickleball	Pickleball	9:00	Badminton	Pickleball	9:00	Pickleball	Pickleball	9:00	Badminton	Pickleball	10:30	Pickleball	Badminton	10:30		
9:30			9:30			9:30			9:30			9:30			11:00	Pickleball	Badminton	11:00		
10:00	Badminton	Pickleball	10:00	Pickleball	Pickleball	10:00	Badminton	Pickleball	10:00	Pickleball	Pickleball	10:00	Badminton	Pickleball	11:30	Pickleball	Badminton	11:30		
10:30			10:30			10:30			10:30			10:30			12:00	Pickleball	Badminton	12:00		
11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball	12:30	Pickleball	Badminton	12:30		
11:30			11:30			11:30			11:30			11:30			1:00	Pickleball	Badminton	1:00		
12:00	Badminton	Pickleball	12:00	Pickleball	Pickleball	12:00	Badminton	Pickleball	12:00	Pickleball	Pickleball	12:00	Badminton	Pickleball	1:30	Pickleball	Badminton	1:30		
12:30			12:30			12:30			12:30			12:30			2:00	Pickleball	Badminton	2:00		
1:00	Badminton	Drop-in Pickleball	1:00	Pickleball	CGC Program	1:00	Badminton	Drop-in Pickleball	1:00	Pickleball	CGC Program	1:00	Badminton	Drop-in Pickleball	2:30	Pickleball	Badminton	2:30		
1:30			1:30			1:30			1:30			1:30			3:00	Pickleball	Badminton	3:00		
2:00	Badminton		2:00	Pickleball		2:00	Badminton		2:00	Pickleball		2:00	Badminton		3:30	Pickleball	Badminton	3:30		
2:30			2:30			2:30			2:30			2:30			4:00		Badminton	4:00		
3:00	Badminton	Pickleball	3:00	Pickleball	Pickleball	3:00	Badminton	Pickleball	3:00	Pickleball	Pickleball	3:00	Badminton	Pickleball	4:30			4:30		
3:30			3:30			3:30			3:30			3:30			5:00			5:00		
4:00	Badminton	Pickleball	4:00	Pickleball	Pickleball	4:00	Badminton		4:00	Pickleball	Pickleball	4:00	Badminton	Pickleball	5:30			5:30		
4:30			4:30			4:30			4:30			4:30			6:00			6:00		
5:00	Badminton	Pickleball	5:00			5:00	Badminton	CGC Program	5:00			5:00	Badminton	Pickleball	6:30			6:30		
5:30			5:30			5:30			5:30			5:30			7:00			7:00		
6:00	Badminton	Pickleball	6:00			6:00	Badminton		6:00			6:00	Badminton	Pickleball	7:30			7:30		
6:30			6:30			6:30			6:30			6:30			8:00			8:00		
7:00			7:00			7:00			7:00			7:00	Badminton		8:30	Pickleball	Badminton	8:30	Badminton	Pickleball
7:30			7:30			7:30			7:30			7:30			9:00			9:00		
8:00	Booking		8:00	Booking	Badminton	8:00	Booking		8:00	Booking	Badminton	8:00	Badminton	Booking	9:30			9:30		
8:30			8:30			8:30			8:30			8:30								
9:00			9:00			9:00			9:00			9:00	Badminton							
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	TRX Alcove
1pm-3pm	\$4 Track
1:15pm-3:30pm	Starting Block
6pm-7pm	Lane 6 + SB
6pm-7pm	TRX Alcove
7pm-8pm	Lane 1
7:30pm-9:30pm	Lanes 5,6 + SB + LJP

TRACK BOOKINGS:	
6am-7:30am	Lanes 5,6
7am-8am	Lanes 3,4
10:30am-11:30am	Lane 5,6
6pm-8pm	Starting Block
7pm-8pm	Lane 5
6pm-8:15pm	Lane 6

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

TRACK BOOKINGS:	
6am-7:30am	Lanes 5,6
10:30am-11:30am	Lane 5,6
6pm-8pm	Starting Block
8pm-10pm	Competitive Track Clubs - Full Track

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

TRACK BOOKINGS:	
9am-11am	Lanes 4,5,6 + SB
11am-12pm	Lane 6

TRACK BOOKINGS:	
7:30am-9:30am	Lanes 4,5,6
9am-10am	Lane 6
7pm-9pm	Competitive Track Clubs - Full Track

FIELD HOUSE SCHEDULE: Centre & Near Court

January 20-26



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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			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		Dance Step 6:50pm-7:50pm		
7:30				
8:00	Booking			
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	Booking	Open Court Times (No Field House Attendant on duty and no equipment available)		
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	Basketball		
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	Badminton			
6:00		HIIT/Core 5:45pm-6:45pm		
6:30				
7:00		Zumba 6:50pm-7:50pm		
7:30				
8:00	Booking			
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			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		Dance Fusion 6:50pm-7:50pm		
7:30				
8:00	Pickleball	Badminton		
8:30				
9:00				
9:30	Pickleball	Badminton		

T				
Time	Centre Court	Near Court		
5:30	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)		
6:00				
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	Basketball		
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	Badminton			
6:00		HIIT/Core 5:45pm-6:45pm		
6:30				
7:00		Zumba 6:50pm-7:50pm		
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		Finish Strong Friday 6am-7am		
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	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				
4:00				
4:30				
5:00				
5:30				
6:00		HIIT/Core 5:45pm-6:45pm		
6:30				
7:00		Zumba 6:50pm-7:50pm		
7:30				
8:00	Booking			
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	Booking
8:30		
9:00	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	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
7:00		
7:30		
8:00		
8:30		

Legend
Cleaning / Space Unavailable