

# FIELD HOUSE SCHEDULE: Far Court

March 24-30



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website [www.canadagamescentre.ca](http://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/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	
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	Cleaning / Space Unavailable	
7:30	Cleaning / Space Unavailable	
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/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	Pickleball	Pickleball
1:30	Pickleball	Pickleball
2:00	Pickleball	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	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	
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	Cleaning / Space Unavailable	
7:30	Cleaning / Space Unavailable	
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/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	Pickleball	Pickleball
1:30	Pickleball	Pickleball
2:00	Pickleball	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

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/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	
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/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	Pickleball	Badminton
8:30	Pickleball	Badminton
9:00	Pickleball	Bootcamp 9:15am-10:15am
9:30	Pickleball	
10:00	Pickleball	
10:30	Pickleball	Zumba 10:30am-11:30am
11:00	Pickleball	
11:30	Pickleball	Booking
12:00	Pickleball	
12:30	Pickleball	
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	Booking	Badminton
7:30		Badminton
8:00		Badminton
8:30	Booking	Badminton

S		
Time	Far Court	
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	Booking	
8:30	Booking	
9:00	Booking	
9:30	Booking	
10:00	Booking	
10:30	Booking	
11:00	Booking	
11:30	Booking	
12:00	Booking	
12:30	Booking	
1:00	Booking	
1:30	Booking	
2:00	Booking	
2:30	Booking	
3:00	Booking	
3:30	Booking	
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	TRX
1pm-3pm	\$4 Track
1:15pm-3:30pm	Starting Blocks
6pm-8pm	TRX
7pm-8pm	Lane 1
7:30pm-9:30pm	Lanes 5,6 + SB + LJP

TRACK BOOKINGS:	
7am-8am	Lanes 1,2
10:30am-11:30am	Lanes 5,6
6pm-8pm	Starting Block
7pm-8pm	Lane 5

TRACK BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track
2:30pm-3:30pm	Starting Block
6:30pm-7:30pm	Lane 6
7pm-8pm	Lane 1
8pm-10pm	Lanes 4,5,6 + SB

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

TRACK BOOKINGS:	
11am-12pm	TRX
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

# FIELD HOUSE SCHEDULE: Centre & Near Court

March 24-30



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website [www.canadagamescentre.ca](http://www.canadagamescentre.ca)

M				
Time	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)			
6:00	CGC Program	Rise & Grind 6am-7am		
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)		
7:00				
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)			
8:00	Basketball	Basketball		
8:30				
9:00			Pickleball	Cardio Combat 9:15am-10:15am
9:30			Pickleball	Fit for Life 10:30am-11:30am
10:00			Pickleball	
10:30			Pickleball	
11:00			Pickleball	
11:30			Pickleball	
12:00			Pickleball	
12:30			Pickleball	
1:00			Drop-in Pickleball	Basketball
1:30				
2:00				
2:30	Basketball	Basketball		
3:00				
3:30			CGC Program	
4:00	Basketball	Basketball		
4:30				
5:00				
5:30	Basketball	Basketball		
6:00			Pumped 5:45pm-6:45pm	
6:30			Dance Step 6:50pm-7:50pm	
7:00	Basketball	Basketball		
7:30				
8:00				
8:30	Booking	Booking		
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)	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:30				
7:00				
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)			
8:00	Basketball	Basketball		
8:30				
9:00			Pickleball	Zumba 9:15am-10:15am
9:30			Pickleball	Fit for Life 10:30am-11:30am
10:00			Pickleball	
10:30			Pickleball	
11:00			Pickleball	
11:30			Pickleball	
12:00			Pickleball	
12:30			Pickleball	
1:00			Basketball	Basketball
1:30				
2:00				
2:30	CGC Program	Basketball		
3:00				
3:30				
4:00	Basketball	Basketball		
4:30				
5:00				
5:30	Basketball	Basketball		
6:00			HIIT/Core 5:45pm-6:45pm	
6:30			Zumba 6:50pm-7:50pm	
7:00	Basketball	Basketball		
7:30				
8:00				
8:30	Booking	Booking		
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	Open Court Times (No Field House Attendant on duty and no equipment available)	Midweek Momentum 6am-7am		
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)		
7:00				
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)			
8:00	Basketball	Basketball		
8:30				
9:00			Pickleball	Pumped 9:15am-10:15am
9:30			Pickleball	Fit for Life 10:30am-11:30am
10:00			Pickleball	
10:30			Pickleball	
11:00			Pickleball	
11:30			Pickleball	
12:00			Pickleball	
12:30			Pickleball	
1:00			Drop-in Pickleball	Basketball
1:30				
2:00				
2:30	CGC Program	Basketball		
3:00				
3:30				
4:00	Basketball	Basketball		
4:30				
5:00				
5:30	Basketball	Basketball		
6:00			Pumped 5:45pm-6:45pm	
6:30			Dance Fusion 6:50pm-7:50pm	
7:00	Basketball	Basketball		
7:30				
8:00				
8:30	Pickleball	Badminton		
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)	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:30				
7:00				
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)			
8:00	Basketball	Basketball		
8:30				
9:00			Pickleball	Zumba 9:15am-10:15am
9:30			Pickleball	Fit for Life 10:30am-11:30am
10:00			Pickleball	
10:30			Pickleball	
11:00			Pickleball	
11:30			Pickleball	
12:00			Pickleball	
12:30			Pickleball	
1:00			Basketball	Basketball
1:30				
2:00				
2:30	CGC Program	Basketball		
3:00				
3:30				
4:00	Basketball	Basketball		
4:30				
5:00				
5:30	Basketball	Basketball		
6:00			HIIT/Core 5:45pm-6:45pm	
6:30			Zumba 6:50pm-7:50pm	
7:00	Basketball	Basketball		
7:30				
8:00				
8:30	Booking	Booking		
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	Open Court Times (No Field House Attendant on duty and no equipment available)	Finish Strong Friday 6am-7am		
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)		
7:00				
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)			
8:00	Basketball	Basketball		
8:30				
9:00			Pickleball	HIIT 9:15am-10:15am
9:30			Pickleball	Fit for Life 10:30am-11:30am
10:00			Pickleball	
10:30			Pickleball	
11:00			Pickleball	
11:30			Pickleball	
12:00			Pickleball	
12:30			Pickleball	
1:00			Drop-in Pickleball	Basketball
1:30				
2:00				
2:30	CGC Program	Basketball		
3:00				
3:30				
4:00	Basketball	Basketball		
4:30				
5:00				
5:30	Basketball	Basketball		
6:00			HIIT/Core 5:45pm-6:45pm	
6:30			Zumba 6:50pm-7:50pm	
7:00	Basketball	Basketball		
7:30				
8:00				
8:30	Booking	Booking		
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	Open Court Times (No Field House Attendant on duty and no equipment available)	
8:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
9:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
9:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
10:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
10:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
11:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
11:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
12:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
12:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
1:00	Booking	
1:30	Booking	
2:00	Booking	
2:30	Booking	
3:00	Booking	
3:30	Booking	
4:00	Booking	
4:30	Booking	
5:00	Booking	
5:30	Booking	
6:00	Booking	
6:30	Booking	
7:00	Booking	
7:30	Booking	
8:00	Booking	
8:30	Booking	

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	Open Court Times (No Field House Attendant on duty and no equipment available)	
8:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
9:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
9:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
10:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
10:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
11:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
11:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
12:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
12:30	Open Court Times (No Field House Attendant on duty and no equipment available)	
1:00	Booking	
1:30	Booking	
2:00	Booking	
2:30	Booking	
3:00	Booking	
3:30	Booking	
4:00	Booking	
4:30	Booking	
5:00	Booking	
5:30	Booking	
6:00	Booking	
6:30	Booking	
7:00	Booking	
7:30	Booking	
8:00	Booking	
8:30	Booking	

Legend
Cleaning / Space Unavailable