

FIELD HOUSE SCHEDULE: Far Court
May 12-18



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

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

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

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

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

| 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 72 hours in advance (online through MyRec or in-person at the Customer Service Desk). Non-members and 10 Punch Pass holders can book day of (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 |
| 5:30pm-6:30pm | Lanes 5,6 |
| 6pm-8pm | TRX |
| 7pm-8pm | Lane 1 |

| TRACK BOOKINGS: | |
|-----------------|----------------|
| 10:30am-11:30am | Lane 6 |
| 6pm-8pm | Starting Block |

| TRACK BOOKINGS: | |
|-----------------|-----------------|
| 1pm-3pm | \$4 Track |
| 1:15pm-3:30pm | Starting Blocks |
| 4pm-5pm | Lane 6 |

| TRACK BOOKINGS: | |
|-----------------|-----------------|
| 10:30am-11:30am | Lane 6 |
| 6pm-8pm | Starting Blocks |

| TRACK BOOKINGS: | |
|-----------------|-----------|
| 11am-12pm | TRX |
| 1pm-3pm | \$4 Track |
| 6pm-7pm | Lanes 5,6 |

| TRACK BOOKINGS: | |
|-----------------|--|
| | |

| TRACK BOOKINGS: | |
|-----------------|--|
| | |

FIELD HOUSE SCHEDULE: Centre & Near Court

May 12-18



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 | 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 | | Open Court Times (No Field House Attendant on duty and no equipment available) |
| 7:00 | | |
| 7:30 | | |
| 8:00 | Basketball | Cardio Combat 9:15am-10:15am |
| 8:30 | | |
| 9:00 | | |
| 9:30 | | |
| 10:00 | | |
| 10:30 | | Fit for Life 10:30am-11:30am |
| 11:00 | | Basketball |
| 11:30 | | |
| 12:00 | | |
| 12:30 | | |
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| 1:30 | | |
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| 4:00 | | |
| 4:30 | | |
| 5:00 | | |
| 5:30 | | |
| 6:00 | | Pumped 5:45pm-6:45pm |
| 6:30 | | Dance Step 6:50pm-7:50pm |
| 7:00 | | |
| 7:30 | | |
| 8:00 | Booking | |
| 8:30 | | |
| 9:00 | | |
| 9:30 | | |
| 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 | Open Court Times (No Field House Attendant on duty and no equipment available) | |
| 7:30 | | |
| 8:00 | | |
| 8:30 | Basketball | Zumba 9:15am-10:15am |
| 9:00 | | |
| 9:30 | | |
| 10:00 | | |
| 10:30 | | Fit for Life 10:30am-11:30am |
| 11:00 | | |
| 11:30 | | |
| 12:00 | | |
| 12:30 | | CGC Program |
| 1:00 | | |
| 1:30 | | |
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| 4:00 | | |
| 4:30 | | |
| 5:00 | Basketball | |
| 5:30 | | |
| 6:00 | | |
| 6:30 | | |
| 7:00 | | Zumba 6:50pm-7:50pm |
| 7:30 | | |
| 8:00 | | |
| 8:30 | | 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 | | |
| 8:00 | Pickleball | Basketball |
| 8:30 | Pickleball | |
| 9:00 | Pickleball | |
| 9:30 | Pickleball | |
| 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 | | |
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| 3:00 | | |
| 3:30 | CGC Program | |
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| 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 | Basketball | Zumba 9:15am-10:15am |
| 8:30 | | |
| 9:00 | | |
| 9:30 | | |
| 10:00 | | Fit for Life 10:30am-11:30am |
| 10:30 | | |
| 11:00 | | |
| 11:30 | | |
| 12:00 | Booking | Basketball |
| 12:30 | | |
| 1:00 | | |
| 1:30 | | |
| 2:00 | | |
| 2:30 | | |
| 3:00 | | |
| 3:30 | | |
| 4:00 | CGC Program | |
| 4:30 | | |
| 5:00 | Basketball | |
| 5:30 | | |
| 6:00 | | HIT/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 | Open Court Times (No Field House Attendant on duty and no equipment available) | Finish Strong 6am-7am |
| 6:30 | | Open Court Times (No Field House Attendant on duty and no equipment available) |
| 7:00 | | |
| 7:30 | | |
| 8:00 | Pickleball | Basketball |
| 8:30 | Pickleball | |
| 9:00 | Pickleball | |
| 9:30 | Pickleball | |
| 10:00 | Pickleball | |
| 10:30 | Pickleball | |
| 11:00 | Pickleball | |
| 11:30 | Pickleball | |
| 12:00 | Pickleball | |
| 12:30 | Pickleball | |
| 1:00 | Drop-in Pickleball | Basketball |
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| 3:30 | CGC Program | |
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| 4:30 | Basketball | |
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| 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 | | |
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| 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 | | |
| 9:30 | | |
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| Legend | |
|------------------------------|--|
| Cleaning / Space Unavailable | |