

FIELD HOUSE SCHEDULE: Far Court

June 30 - July 6



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		
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10:00		
10:30	Volleyball Canada Training Camp	
11:00		
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12:30		
1:00	Badminton	Drop-in Pickleball
1:30		
2:00	Badminton	
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4:00	Volleyball Canada Training Camp	
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6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
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9:00	Badminton	Pickleball
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T	
Time	Far Court
5:30	Happy Canada Day! July 1, 2025 CLOSED
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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
8:30		
9:00	CGC Program	Pickleball
9:30		
10:00		Pickleball
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11:00		Pickleball
11:30		Pickleball
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12:30		Pickleball
1:00		Pickleball
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3:00	Volleyball Canada Training Camp	
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8:00	Booking	
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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		
8:30		
9:00	Volleyball Canada Training Camp	
9:30		
10:00		
10:30		
11:00		
11:30	CGC Program	
12:00		
12:30		
1:00		Pickleball
1:30		
2:00		Pickleball
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4:00	Volleyball Canada Training Camp	
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5:00		
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6:30		
7:00	Pickleball	Badminton
7:30		
8:00	Pickleball	Badminton
8:30		
9:00	Pickleball	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		
8:30		
9:00	Volleyball Canada Training Camp	
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1:00	CGC Program	Drop-in Pickleball
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5:00	Basketball Nova Scotia - Scotia Showcase	
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S	
Time	Far Court
7:00	Basketball Nova Scotia - Scotia Showcase
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S	
Time	Far Court
7:00	Basketball Nova Scotia - Scotia Showcase
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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).
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-7pm	TRX

TRACK BOOKINGS:

TRACK BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track
2:30pm-3:30pm	Starting Blocks
6pm-7pm	TRX

TRACK BOOKINGS:	
10:30am-11:30am	Lane 6
6pm-7pm	Starting Blocks

TRACK BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track

TRACK BOOKINGS:	
9:15am-11:30am	Starting Blocks

TRACK BOOKINGS:	
10am-11am	Starting Blocks

FIELD HOUSE SCHEDULE: Centre & Near Court

June 30 - July 6



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	Open Court Times (No Field House Attendant on duty and no equipment available)	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	Pickleball	Basketball	
8:30	Pickleball		
9:00	Pickleball		
9:30	Pickleball	Cardio Combat 9:15am-10:15am	
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			
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6:00			Pumped 5:45pm-6:45pm
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7:00			
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T		
Time	Centre Court	Near Court
5:30	Happy Canada Day! July 1, 2025 CLOSED	
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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		
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00	Basketball	CGC Program
8:30		
9:00	CGC Program	Pumped 9:15am-10:15am
9:30		
10:00		
10:30		Fit for Life 10:30am-11:30am
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6:00		Pumped 5:45pm-6:45pm
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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	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30		
7:00		
7:30		
8:00	Badminton	Basketball
8:30	Badminton	CGC Program
9:00	Badminton	
9:30	Badminton	Zumba 9:15am-10:15am
10:00	Badminton	
10:30	Badminton	Fit for Life 10:30am-11:30am
11:00	Badminton	
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4:00	Badminton	
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5:00	Badminton	
5:30	Badminton	
6:00	Badminton	
6:30	Badminton	HIIT/Core 5:45pm-6:45pm
7:00	Badminton	
7:30	Badminton	Dance Fusion 6:50pm-7:50pm
8:00	Badminton	
8:30	Badminton	
9:00	Badminton	
9:30	Badminton	

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)	
6:30		
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00	Badminton	Basketball
8:30	Badminton	CGC Program
9:00	Badminton	
9:30	Badminton	HIIT 9:15am-10:15am
10:00	Badminton	
10:30	Badminton	Fit for Life 10:30am-11:30am
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7:00	Basketball Nova Scotia - Scotia Showcase	
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Time	Centre Court	Near Court
7:00	Basketball Nova Scotia - Scotia Showcase	
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S		
Time	Centre Court	Near Court
7:00	Basketball Nova Scotia - Scotia Showcase	
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Legend	
Cleaning / Space Unavailable	