

FIELD HOUSE SCHEDULE: Far Court
July 14-20



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	CGC Program	Pickleball
9:30		
10:00		Pickleball
10:30		
11:00		Pickleball
11:30		
12:00		Pickleball
12:30		
1:00		Drop-in Pickleball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00	Badminton	Pickleball
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
8:30		
9:00	CGC Program	Pickleball
9:30		
10:00		Pickleball
10:30		
11:00		Pickleball
11:30		
12:00		Pickleball
12:30		
1:00		Pickleball
1:30		
2:00		Pickleball
2:30		
3:00		Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
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
8:30		
9:00	CGC Program	Pickleball
9:30		
10:00		Pickleball
10:30		
11:00		Pickleball
11:30		
12:00		Pickleball
12:30		
1:00		Drop-in Pickleball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00		
7:30		
8:00	Booking	
8:30		
9:00		
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
8:30		
9:00	CGC Program	Pickleball
9:30		
10:00		Pickleball
10:30		
11:00		Pickleball
11:30		
12:00		Pickleball
12:30		
1:00		Pickleball
1:30		
2:00		Pickleball
2:30		
3:00		Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
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
8:30		
9:00	CGC Program	Pickleball
9:30		
10:00		Pickleball
10:30		
11:00		Pickleball
11:30		
12:00		Pickleball
12:30		
1:00		Drop-in Pickleball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00	Pickleball	
4:30		
5:00	Pickleball	Badminton
5:30		
6:00	Pickleball	Badminton
6:30		
7:00	Pickleball	Badminton
7:30		
8:00	Pickleball	Booking
8:30		
9:00	Pickleball	
9:30		

S		
Time	Far Court	
7:00	Pickleball	Badminton
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	Pickleball	Badminton
4:30		
5:00	Pickleball	Badminton
5:30		
6:00	Pickleball	Badminton
6:30		

S		
Time	Far Court	
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Pickleball
1:30		
2:00	Badminton	Pickleball
2:30		
3:00	Badminton	Pickleball
3:30		
4:00		Pickleball
4:30	Booking	
5:00		Pickleball
5:30		
6:00		Pickleball
6:30		

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 (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
2:30pm-3:30pm	Starting Blocks

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

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-8pm	Starting Blocks

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

TRACK BOOKINGS:	

TRACK BOOKINGS:	

FIELD HOUSE SCHEDULE: Centre & Near Court

July 14-20



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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	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	Basketball	CGC Program	
8:30			
9:00	CGC Program	Cardio Combat 9:15am-10:15am	
9:30			
10:00			
10:30		Fit for Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30			
1:00			
1:30			
2:00	Basketball		
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	Booking		
7:30			
8:00			
8:30			
9:00	Basketball		
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			
7:30			
8:00	Badminton	Basketball	CGC Program
8:30	Badminton	CGC Program	Zumba 9:15am-10:15am
9:00			
9:30			
10:00			
10:30			
11:00			Fit for Life 10:30am-11:30am
11:30			
12:00			Basketball
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00	Badminton		
4:30	Badminton		
5:00	Badminton		
5:30	Badminton	HIIT/Core 5:45pm-6:45pm	
6:00			
6:30			
7:00			
7:30		Dance Fusion 6:50pm-7:50pm	
8:00	Booking		Basketball
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	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	CGC Program			
9:00		Pumped 9:15am-10:15am		
9:30				
10:00				
10:30		Fit for Life 10:30am-11:30am		
11:00				
11:30				
12:00		Basketball		
12:30				
1:00				
1:30				
2:00				
2:30	Basketball			
3:00				
3:30				
4:00				
4:30				
5:00				
5:30				
6:00		Pumped 5:45pm-6:45pm		
6:30				
7:00		Basketball		
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			
6:30			
7:00			
7:30			
8:00	Badminton	Basketball	CGC Program
8:30			
9:00	Badminton	CGC Program	Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30			Fit for Life 10:30am-11:30am
11:00	Badminton		
11:30			
12:00	Badminton		Basketball
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00	Badminton		
4:30			
5:00	Badminton		
5:30			
6:00	Badminton		HIIT/Core 5:45pm-6:45pm
6:30	Badminton		
7:00	Badminton		Dance Fusion 6:50pm-7:50pm
7:30			
8:00	Badminton		
8:30			
9:00	Badminton		
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			
7:00			
7:30			
8:00	Badminton	Basketball	CGC Program
8:30		CGC Program	CGC Program
9:00	HIIT 9:15am-10:15am		
9:30			
10:00			
10:30	Fit for Life 10:30am-11:30am		
11:00			
11:30			
12:00	Basketball		
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30	Basketball		
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	Bootcamp 9:15am-10:15am	Basketball
9:30		
10:00		
10:30	Dance Fusion 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		

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		
10:00	HIIT 10am-11am	
10:30		
11:00		
11:30	Basketball	
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		

Legend	
Cleaning / Space Unavailable	