

FIELD HOUSE SCHEDULE: Far Court

November 3-9



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

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Legend	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 everyday (online through MyRec or in-person at the Customer Service Desk).
Cleaning / Space Unavailable	The full Track is available during Facility Hours, unless otherwise noted in Track Bookings below.

TRACK BOOKINGS:	TRACK BOOKINGS:	TRACK BOOKINGS:	TRACK BOOKINGS:	TRACK BOOKINGS:	TRACK BOOKINGS:	TRACK BOOKINGS:
9m-10am Starting Block	6am-7am Bike Alcove	9m-10am Starting Block	6am-7am Bike Alcove	9:15am- 10:15am Bike Alcove	7:30am- 9:30am Lane 4, 5, 6	7:30am - 9:30am Track Full
9:15am- 10:15am Bike Alcove	6am-8am Lane 4,5,6	9:15am- 10:15am Bike Alcove	6am-8am Lane 4,5,6	9:00am- 10:00am Starting Block	9am- 10am Bike Alcove	9am- 10am Bike Alcove
11am-12pm TRX	9:15am- 10:15am Bike Alcove	11am-12pm TRX	9:15am- 10:15am Bike Alcove	1pm-3pm \$4 Track		7pm-9pm Lane 4, 5, 6
1pm-3pm \$4 Track	10:30am-11:30am Lane 6	1pm-3pm \$4 Track	10:30am-11:30am Lane 6	6pm-7pm Lane 5,6		
1:30pm-3:30pm Starting Block	1:30pm-3:30pm Starting Block	1:15pm-3:30pm Starting Block	1:30pm-3:30pm Starting Block			

FIELD HOUSE SCHEDULE: Centre & Near Court

November 3-9



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

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	
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00	Booking		
12:30			
1:00	Badminton	Basketball	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00	Basketball		
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
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) Finish Strong BOOTCAMP 6am-7am	
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	Basketball HIIT 9:15am-10:15am Fit for Life 10:30am-11:30am Basketball
8:30		
9:00	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		Basketball
3:30	CGC Program	
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	Booking	Basketball
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
1:00		
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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	Basketball	Basketball
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
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8:00		
8:30		

Legend	
Cleaning / Space Unavailable	