

FIELD HOUSE SCHEDULE: Far Court

October 20-26



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)																				
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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			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			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			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			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			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			12:30													
1:00	CGC Booking	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			2:00	Pickleball		2:00			2:00	Pickleball		2:00			2:00	Pickleball		2:00																
2:30			2:30			2:30			2:30			2:30			2:30			2:30																
3:00		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			3:30													
4:00	Badminton	Pickleball	4:00	Pickleball	Pickleball	4:00	Badminton	CGC Program	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			4:30													
5:00	Badminton	Pickleball	5:00	CGC Program		5:00	Badminton		CGC Program	5:00		CGC Program		5:00	Badminton	Pickleball	5:00	Pickleball	Badminton		5:00	Booking												
5:30			5:30			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													
6:30			6:30			6:30				6:30				6:30			6:30				6:30			6:30										
7:00	Badminton	Pickleball	7:00			7:00	CGC Program			7:00		CGC Program		7:00	Badminton	Pickleball	7:00	Pickleball	Badminton		7:00													
7:30			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				9:00	Badminton		9:00	Pickleball		9:00														
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
1pm-3pm \$4 Track	9:15am- 10:15am Bike Alcove	11am-12pm TRX	9:15am- 10:15am Bike Alcove	1pm-3pm \$4 Track	6pm-7pm Lane 5,6	7pm-9pm Lane 4,5,6
1:30pm-3:30pm Starting Block	10:30am-11:30am Lane 6	1pm-3pm \$4 Track	10:30am-11:30am Lane 6	6pm-7pm Lane 5,6		
6pm-7pm Bike Alcove& TRX	1:30pm-3:30pm Starting Block	1:15pm-3:30pm Starting Block	1:30pm-3:30pm Starting Block			

FIELD HOUSE SCHEDULE: Centre & Near Court

October 20-26



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