

FIELD HOUSE SCHEDULE: Far Court

December 1-7



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									6:00	6:00														
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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	Booking																	
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																		
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																		
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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																		
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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	Pickleball	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	CGC Program		5:00	Badminton	Pickleball	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																		
6:00	Badminton	Pickleball	6:00			Badminton	Pickleball	6:00	Badminton			Pickleball	6:00	Badminton	Pickleball	6:00	Pickleball	Badminton			6:00															
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			Booking															
7:30			7:30			7:30			7:30			7:30			7:30			7:30																		
8:00	Booking		8:00			Booking		8:00	Pickleball			Pickleball	8:00	Pickleball	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			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																	

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

FIELD HOUSE SCHEDULE: Centre & Near Court

December 1-7



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

W					
Time	Centre Court		Near Court		
5:30	<div>Open Court Times (No Field House Attendant on duty and no equipment available)</div> <div>Midweek BOOTCAMP 6am-7am</div>				
6:00					
6:30					
7:00					
7:30					
8:00	Pickleball	<div>Basketball</div> <div>Pumped 9:15am-10:15am</div> <div>Fit for Life 10:30am-11:30am</div>			
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	<div>Basketball</div> <div>CGC Program</div>				
3:30					
4:00					
4:30					
5:00					
5:30					
6:00					
6:30					
7:00			Badminton	Pickleball	<div>Basketball</div> <div>Pumped 5:45pm-6:45pm</div>
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		
12:30		
1:00	Badminton	Basketball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00	Badminton	Basketball
6:30		
7:00		
7:30		
8:00		
8:30		
9:00		
9:30		

F		
Time	Centre Court	Near Court
5:30	<div>Open Court Times (No Field House Attendant on duty and no equipment available)</div> <div>Finish Strong BOOTCAMP 6am-7am</div>	
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	<div>Basketball</div> <div>HIIT 9:15am-10:15am</div> <div>Fit for Life 10:30am-11:30am</div> <div>Basketball</div>
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	<div>Drop-in Pickleball</div>	
1:30		
2:00		
2:30		
3:00	<div>Basketball</div> <div>CGC Program</div> <div>Basketball</div>	
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	<div>Basketball</div>	
8:30		
9:00		
9:30		

S		
Time	Centre Court	Near Court
7:00	<div>Open Court Times (No Field House Attendant on duty and no equipment available)</div>	
7:30		
8:00	<div>Basketball</div>	Booking
8:30		
9:00		
9:30		
10:00		
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S		
Time	Centre Court	Near Court
7:00	<div>Open Court Times (No Field House Attendant on duty and no equipment available)</div>	
7:30		
8:00	<div>Basketball</div>	Booking
8:30		
9:00		
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Legend	
Cleaning / Space Unavailable	