

FIELD HOUSE SCHEDULE: Far Court

November 10 - 16



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

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca

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	1:30pm-3:30pm Starting Block	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	6pm-7pm Bike Alcove	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	6:30pm-7:30pm Lane 5,6	11am-12pm TRX	10:30am-11:30am Lane 6	1pm-3pm \$4 Track		7pm-9pm Lane 4, 5, 6
1pm-3pm \$4 Track		1pm-3pm \$4 Track	1:30pm-3:30pm Starting Block	6pm-7pm Lane 5,6		
1:30pm-3:30pm Starting Block		1:15pm-3:30pm Starting Block	6pm-7pm Bike Alcove & Starting Block			

FIELD HOUSE SCHEDULE: Centre & Near Court

November 10 - 16



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		
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	Pickleball	
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
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		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	Booking	Basketball
8:30		
9:00		
9:30		

Legend	
Cleaning / Space Unavailable	

T		
Time	Centre Court	Near Court
5:30		Basketball
6:00		
6:30		
7:00		
7:30		
8:00		
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00	Badminton	
12:30	Badminton	
1:00	Badminton	
1:30	Badminton	
2:00	Badminton	
2:30	Badminton	
3:00	Badminton	
3:30	Badminton	
4:00	Badminton	
4:30	Badminton	
5:00	Basketball	
5:30		
6:00		
6:30		HIIT/Core 5:45pm-6:45pm
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					
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					
4:00				CGC Program	
4:30					
5:00					
5:30					
6:00				Pumped 5:45pm-6:45pm	
6:30					
7:00				Badminton	Pickleball
7:30					
8:00	Badminton	Pickleball			
8:30					
9:00	Badminton	Pickleball			
9:30					
Basketball					

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			
5:30			
6:00			
6:30			
7:00	HIIT/Core 5:45pm-7:45pm		
7:30	Dance Fusion 6:50pm-7:50pm		
8:00	Booking		
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	CGC Program Basketball	
3:30		
4:00		
4:30		
5:00		
5:30		
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		
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00		
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		
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		
7:00		
7:30		
8:00		
8:30		