

FIELD HOUSE SCHEDULE: Far Court

November 17 - 23



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)	Booking	Booking	Booking	Booking	Booking	Booking																									
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	Pickleball	Pickleball	7:00	Badminton	Pickleball	7:00	Pickleball	Pickleball	7:00	Badminton	Pickleball							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
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8:00	Badminton	Pickleball	8:00	Pickleball	Pickleball	8:00	Badminton	Pickleball	8:00	Pickleball	Pickleball	8:00	Badminton	Pickleball							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
8:30			8:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
9:30			9:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
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11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball	11:00	Pickleball	Pickleball	11:00	Badminton	Pickleball							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
11:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
12:30			12:30			12:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
1:30			1:30			1:30			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	2:00	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball														
2:30			2:30			2:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
3:30			3:30			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							Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																			
4:30			4:30			4:30			4:30			4:30															4:30	4:30	4:30	4:30	4:30														
5:00	Badminton	Pickleball	5:00	CGC Program	CGC Program	5:00	Badminton		CGC Program	5:00	CGC Program	CGC Program	5:00	Badminton							Pickleball	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball																		
5:30			5:30			5:30				5:30			5:30															5:30	5:30	5:30	5:30	5:30													
6:00	Badminton	Pickleball	6:00			Badminton	6:00			Badminton			6:00	Badminton							Pickleball	Pickleball	6:00	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball														
6:30			6:30				6:30						6:30										6:30									6:30	6:30	6:30	6:30	6:30									
7:00	Badminton	Pickleball	7:00			CGC Program	CGC Program			7:00	CGC Program		7:00	CGC Program							7:00	CGC Program	7:00	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball	Badminton	Pickleball														
7:30			7:30							7:30			7:30								7:30		7:30									7:30	7:30	7:30	7:30										
8:00	Booking	Booking	8:00							Booking			8:00								Booking		8:00	Booking	8:00	Booking	8:00	Badminton	Booking	Badminton	Booking	Badminton	Booking	Badminton	Booking										
8:30			8:30										8:30										8:30		8:30		8:30									8:30	8:30	8:30	8:30						
9:00			9:00										9:00										9:00		9:00		9:00	9:00		9:00		9:00		9:00		9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00
9:30			9:30										9:30										9:30		9:30		9:30	9:30		9:30		9:30		9:30		9:30	9:30	9:30	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	7am- 9pm Track Full	7:30am - 9:30am Track Full
9:15am- 10:15am Bike Alcove	6am-8am Lane 5,6	9:15am- 10:15am Bike Alcove	6am-8am Lane 4,5,6	9:00am- 10:00am Starting Block		9am- 10am Bike Alcove
11am-12pm TRX	10:30am-11:30am Lane 6	11am-12pm TRX	10:30am-11:30am Lane 6	1pm-3pm \$4 Track		
1pm-3pm \$4 Track	1:30pm-3:30pm Starting Block	1pm-3pm \$4 Track	1:30pm-3:30pm Starting Block	4pm-10pm Track Full		
1:15pm-3:30pm Starting Block	6pm-7pm Bike Alcove	1:15pm-3:30pm Starting Block	6pm-7pm Bike Alcove & Starting Block			7pm-9pm Lane 4, 5, 6

FIELD HOUSE SCHEDULE: Centre & Near Court

November 17-23



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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			
10:30		Cardio Combat 9:15am-10:15am	
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			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	Basketball	Pumped 5:45pm- 6:45pm	
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	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			Booking
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			
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			
1:30				
2:00				
2:30				
3:00	CGC Program			
3:30				
4:00				
4:30				
5:00	Pumped 5:45pm-6:45pm			
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	Basketball	Booking
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
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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		
9:30		
10:00		
10:30		
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