

FIELD HOUSE SCHEDULE: Far Court

December 8-14



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	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30	Badminton	
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Booking	
8:30		
9:00		
9:30		

T		
Time	Far Court	
5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Pickleball	Pickleball
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
9:30		
10:00	Pickleball	Pickleball
10:30		
11:00	Pickleball	Pickleball
11:30		
12:00	Pickleball	Pickleball
12:30		
1:00	Pickleball	CGC Program
1:30	Pickleball	
2:00	Pickleball	
2:30		
3:00	Pickleball	Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30	Booking	
8:00		
8:30		
9:00		
9:30		Pickleball

W		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30	Badminton	
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00		
7:30	Booking	
8:00		
8:30		
9:00		
9:30		

T		
Time	Far Court	
5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Booking	Pickleball
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
9:30		
10:00	Pickleball	Pickleball
10:30		
11:00	Pickleball	Pickleball
11:30		
12:00	Pickleball	Pickleball
12:30		
1:00	Pickleball	Pickleball
1:30		
2:00	Pickleball	Pickleball
2:30		
3:00	Pickleball	Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30	Booking	
8:00		
8:30		
9:00		
9:30		Pickleball

F		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30	Badminton	
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Booking	
8:30		
9:00		
9:30		

S		
Time	Far Court	
7:00	Pickleball	Badminton
7:30		
8:00	Pickleball	Badminton
8:30		
9:00	Pickleball	Badminton
9:30		
10:00	Pickleball	Badminton
10:30		
11:00	Pickleball	Badminton
11:30		
12:00	Pickleball	Badminton
12:30		
1:00	Pickleball	Badminton
1:30		
2:00	Pickleball	Badminton
2:30		
3:00	Pickleball	Badminton
3:30		
4:00	Pickleball	Badminton
4:30		
5:00	Pickleball	Badminton
5:30		
6:00	Pickleball	Badminton
6:30		
7:00	Pickleball	Badminton
7:30		
8:00	Pickleball	Badminton
8:30		

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

Legend	
Cleaning / Space Unavailable	

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).

The full Track is available during Facility Hours, unless otherwise noted in Track Bookings below.

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

TRACK BOOKINGS:	
6am-7am	Bike Alcove
6am-8am	Lane 5,6
10:30am-11:30am	Lane 6
1:30pm-3:30pm	Starting Block
6pm-7pm	Bike Alcove

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

TRACK BOOKINGS:	
6am-7am	Bike Alcove
6am-8am	Lane 4,5,6
10:30am-11:30am	Lane 6
1:30pm-3:30pm	Starting Block
6pm-7pm	Bike Alcove & Starting Block

TRACK BOOKINGS:	
9:15am- 10:15am	Bike Alcove
9:00am- 10:00am	Starting Block
1pm-3pm	\$4 Track
6:00pm-8:30pm	Lane 5,LJP (lane 6)

TRACK BOOKINGS:	
7:30am- 9:30am	Lane 4, 5, 6
9am- 10am	Bike Alcove

TRACK BOOKINGS:	
7:30am - 9:30am	Track Full
9am- 10am	Bike Alcove
9:30am-10:30am	Lane 1
7pm-9pm	Lane 5,6

FIELD HOUSE SCHEDULE: Centre & Near Court

December 8-14



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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		Open Court Times (No Field House Attendant on duty and no equipment available)
8:00	Pickleball	
8:30	Pickleball	
9:00	Pickleball	Cardio Combat 9:15am-10:15am
9:30	Pickleball	
10:00	Pickleball	
10:30	Pickleball	Fit for Life 10:30am-11:30am
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		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		Pumped 5:45pm-6:45pm
6:30		
7:00		Dance Fusion 6:50pm-7:50pm
7:30		
8:00		Basketball
8:30	Booking	
9:00		
9:30		

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

T			
Time	Centre Court	Near Court	
5:30			
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:30			
7:00			
7:30			
8:00	Badminton	Basketball	
8:30	Badminton		
9:00	Badminton		Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30	Badminton		Fit for Life 10:30am-11:30am
11:00	Badminton		
11:30	Badminton		
12:00	Badminton		Booking
12:30	Badminton		
1:00	Badminton	Basketball	
1:30	Badminton		
2:00	Badminton		
2:30	Badminton		
3:00	Badminton		
3:30	CGC Program		
4:00	Badminton		
4:30	Badminton		
5:00			
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			

F			
Time	Centre Court	Near Court	
5:30			
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:30			
7:00			
7:30			
8:00	Pickleball	Basketball	
8:30	Pickleball		
9:00	Pickleball		HIIT 9:15am-10:15am
9:30	Pickleball		
10:00	Pickleball		
10:30	Pickleball		Fit for Life 10:30am-11:30am
11:00	Pickleball		
11:30	Pickleball		
12:00	Pickleball		Booking
12:30	Pickleball		
1:00	Drop-in Pickleball	Basketball	
1:30			
2:00			
2:30			
3:00			
3:30	CGC Program		
4:00			
4:30			
5:00			
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			

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
8:30		
9:00	Bootcamp 9:15am-10:15am	
9:30		
10:00		
10:30		
11:00	Dance Fusion 10:30am-11:30am	
11:30		
12:00		
12:30		
1:00		Booking
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		Booking
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
8:30		
9:00		
9:30		
10:00	Booking	
10:30		
11:00		
11:30		
12:00	HIIT 11:00am-12:00pm	
12:30		
1:00		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		Booking
7:30		
8:00		
8:30		

Legend
Cleaning / Space Unavailable