

FIELD HOUSE SCHEDULE: Far Court
January 12 -18



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

W		
Time	Far Court	
5:30	Badminton (No Field House staff/equipme nt)	Pickleball (No Field House staff/equipme nt)
6:00		
6:30		
7:00	Badminton	Pickleball
7:30		
8:00		
8:30	Badminton	Pickleball
9:00		
9:30		
10:00	Badminton	Pickleball
10:30		
11:00		
11:30	Badminton	Pickleball
12:00		
12:30		
1:00	Badminton	Drop-in Pickleball
1:30		
2:00		
2:30	Badminton	
3:00		
3:30		
4:00	Badminton	Pickleball
4:30		
5:00		
5:30	Badminton	CGC Program
6:00		
6:30		
7:00	Badminton	
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	Booking	
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		
2:00	Pickleball	
2:30		
3:00	Pickleball	Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00		
5:30	CGC Program	
6:00		
6:30		
7:00		
7:30		
8:00	Booking	Pickleball
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		
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	Badminton	Booking
8:30		
9:00	Badminton	
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	Badminton	Pickleball
8:30		
9:00	Booking	
9:30		
10:00		
10:30		
11:00		
11:30	Booking	
12:00		
12:30		
1:00	Badminton	Pickleball
1:30		
2:00	Badminton	Pickleball
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
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
1pm-3pm	\$4 Track
7pm-8pm	Lane 1
7:30pm-9pm	Lane 6,5
8pm-9pm	Lane 4

TRACK BOOKINGS:	
6am-8am	Lane 5,6
10:30am-11:30am	Lane 6
6:30pm-10:00pm	Lane 5,6
8pm-10pm	Lane 4

TRACK BOOKINGS:	
6am-7am	Lane 6,5,4
1pm-3pm	\$4 Track
7pm-8pm	Lane 1
8pm-9pm	Lane 1,2,3

TRACK BOOKINGS:	
6am-8am	Lane 4,5,6
10:30am-11:30am	Lane 6
8pm-10pm	Lane 4, 5, 6

TRACK BOOKINGS:	
6am-7:30am	Lane 6,5
1pm-3pm	\$4 Track
3pm-10pm	Track Full

TRACK BOOKINGS:	
7am- 9 pm	Track Full

TRACK BOOKINGS:	
7:30am - 9:30am	Track Full
9:30am-10:30am	Lane 1
7pm-9pm	Lane 4,5,6

FIELD HOUSE SCHEDULE: Centre & Near Court

January 12- 18



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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	Basketball	
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	Basketball		
4:00			
4:30			
5:00			
5:30			
6:00		Pumped 5:45pm-6:45pm	
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	Basketball	
5:30			
6:00			HIIT/Core 5:45pm-6:45pm
6:30			
7:00			Yoga Fusion 6:50pm-7:50pm
7:30			
8:00			
8:30			
9:00			Booking
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>Pumped 9:15am-10:15am</div> <div>Fit for Life 10:30am-11:30am</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>	
3:30		
4:00		
4:30		
5:00		
5:30	<div>Basketball</div>	
6:00		
6:30		
7:00		
7:30		
8:00	<div>Basketball</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		
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	Badminton	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	<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	Drop-in Pickleball	
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		
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		
12:00		
12:30		
1:00		
1:30		
2:00		
2:30		
3:00		
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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	Booking
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
1:00		
1:30		
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3:00		
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4:00		
4:30		
5:00		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00		
8:30		

Legend	
Cleaning / Space Unavailable	