



# DROP IN/OPEN GYMNASIUM SCHEDULE

February 1 - February 28, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:30 - 11:00 AM <b>Drop in Parent/Toddler</b> (5 years & under)  North & South Gym		9:00 - 10:00 AM <b>Gymnasium in use</b>  10:00 - 11:30 AM <b>Registered Program</b> (Hop, Skip, Jump)  North & South Gym		9:15 - 10:45 AM <b>Drop in Parent/Toddler</b> (5 years & under) North & South Gym  11:00 - 11:30 AM <b>Registered Program</b> (Lots for Tots) North & South Gym		9:00 - 10:00 AM <b>Gymnasium in use</b>  10:15 - 11:45 AM <b>Drop in Parent/Tot</b> (5 years & under)  North & South Gym		9:30 - 10:45 AM <b>Drop in Parent/Toddler</b> (5 years & under) North & South Gym  11:00 - 11:30 AM <b>Registered Program</b> (World of Discovery) North & South Gym	
11:30 - 1:30 PM <b>Adult (18+) Drop in Pickleball/Badminton</b> North & South Gym		12:15 - 2:30 PM <b>Open Gym</b>  North & South Gym		11:30 - 1:30 PM <b>Adult (18+) Drop in Pickleball/Badminton</b> North & South Gym		12:15 - 3:30 PM <b>Open Gym</b>  North & South Gym		11:30 - 1:30 PM <b>Adult (18+) Drop in Pickleball/Badminton</b> North & South Gym	
1:45 - 3:45 PM <b>Open Gym</b>  North & South Gym		2:45 - 4:30 PM <b>Drop in Sports</b> 13 - 17 yrs North & South Gym		1:45 - 4:30 PM <b>Open Gym</b>  North & South Gym		3:45 - 6:00 PM <b>Registered Program</b> (Tennis) North Gym  3:45 - 5:00 PM <b>Drop in Sports</b> 13 - 17 yrs South Gym  5:15 - 6:00 PM <b>Registered Program</b> South Gym		1:45 - 3:45 PM <b>Open Gym</b>  North & South Gym	
4:00 - 5:15 PM <b>Drop In Basketball</b> 13 - 17 yrs  North Gym	4:00 - 5:15 PM <b>Drop in Sports</b> Up to 12 yrs  South Gym	4:30 - 5:45 PM <b>Drop in Sports</b> Up to 12 yrs  North & South Gym		4:45 - 6:45 PM <b>Registered Program</b> (Playball)  North Gym	4:45 - 6:45 PM <b>Drop in Sports</b>  South Gym	4:00 - 5:15 PM <b>Drop in Basketball</b> 13 - 17 yrs North Gym		4:00 - 5:15 PM <b>Drop in Sports</b> Up to 12 yrs South Gym	
5:30 - 6:45 PM <b>Family Drop in Sports</b> Parent & Children ONLY (Up to 14 yrs old)  North & South Gym		6:00 - 6:45 PM <b>Kids Zumba</b> 6 - 11 yrs (Must arrive by 6:05 p.m. for admittance) North & South Gym		7:00 - 7:45 PM <b>Gymnasium in use</b>  North & South Gym		6:00 - 6:45 PM <b>Kids Fit N Fun</b> 6 - 13 yrs (Must arrive by 6:05 p.m. for admittance) North & South Gym		5:45 - 7:45 PM <b>Family Drop in Sports</b> Parent & Children ONLY (Up to 14 yrs old)  North & South Gym	
7:15 - 9:45 PM <b>Adult (18+) Drop in Pickleball/Badminton</b>  North & South Gym		8:15 - 9:45 PM <b>Adult (18+) Drop in Basketball</b> max 25 <b>(Wristbands)</b> North & South Gym		8:00 - 9:45 PM <b>Adult (21+) Drop in Basketball</b> max 25 <b>(Wristbands)</b> North & South Gym		8:00 - 9:45 PM <b>Adult (18+) Drop in Futsal</b> <b>(Wristbands)</b> North & South Gym		8:00 - 9:45 PM <b>Adult (18+) Drop in Pickleball/Badminton</b>  North & South Gym	

SATURDAY		SUNDAY	
8:45AM - 12:00PM <b>Registered Program</b> (Playball)  North Gym	8:00AM-10:00AM <b>Open Gym</b> South Gym  10:30AM-11:45AM <b>Drop in Parent/ Tot</b> South Gym	8:45AM - 12:00PM <b>Registered Program</b> (Monkeynastix)  North Gym	8:45AM-12:00PM <b>Open Gym</b>  South Gym
12:00 - 1:00 PM <b>Open Gym</b> North & South Gym		12:00 - 1:00 PM <b>Open Gym</b> North & South Gym	

**SATURDAY & SUNDAY 1:00 - 4:45 PM**  
**Birthday Parties or Rentals**  
Check with Customer Service if Gymnasium is available for Open Gym on Saturday or Sunday afternoon.  
North & South Gym

**GYMNASIUM RULES**  
Bring indoor shoes for all activities.  
Water bottles only. Food not permitted.  
All belongings locked in secured locker.

**Family Day - Monday, February, 19th**  
8:00 AM - 4:00 PM  
8:15 - 8:45 AM Open Gym  
9:15 - 11:00 AM Drop in Parent/Toddler (up to 5yrs)  
11:30 - 1:00 PM Family Drop in Sports (up to 14yrs)  
1:15 - 3:45 AM Open Gym

<b>DROP IN/OPEN GYMNASIUM RATES (per visit)</b>	
Child (0-16 years)	\$3.75
Student/Youth (17-24 years)	\$4.25
Adult (18-59 years)	\$4.75
Senior (60+)	\$4.25
Family (5 Members)	\$9.75

## February 2018

**Hours:** Monday to Friday (6:00 AM - 10:00 PM)  
Saturday & Sunday (7:30 AM - 5:00 PM)  
Monday, February 19 (8:00 AM - 4:00 PM)

### \*Schedule Subject to Modifications\*

**Drop In** - refers to scheduled activities with gym attendant supervision.

**Open Gym** - refers to shared use of space with unscheduled activities.

Activities and equipment availability is at the discretion of gym attendants or customer service staff

**Parent /Tot Drop In** - for parent/guardian and children 5 years & under

### FEBRUARY NEWS AND UPDATES

**Line Dancing - Registered program:** Tuesdays 7:00-8:00 PM Drop in also available.  
Drop in fee \$5/class.

### Family Day - Monday, February 19:

- 8:15 - 8:45 AM - Open Gym
- 9:15 - 11:00 AM - Drop in Parent/Toddler (up to 5yrs)
- 11:30 - 1:00 PM - Family Drop in Sports (up to 14yrs)
- 1:15 - 3:45 PM - Open Gym

### Megathon

**Saturday, February 24th - Gymnasium closed from 7:30 AM - 12:30 PM**

**In support of Regional Cardiac Program - South Lake Regional Health Centre Foundation**

### Parent/Guardian Responsibility

- |                      |  |
|----------------------|--|
| <b>Up to 3 years</b> | Parent or guardian participation required  |
| <b>3 - 5 years</b>   | Parent or guardian to remain in the gymnasium  |
| <b>6 - 9 years</b>   | Parent or guardian must remain in the BWG Leisure Centre but not required to remain in the gymnasium.<br>Child cannot be released alone.<br>Parent or guardian must pick up child from gymnasium at program or activity scheduled ending time. |
| <b>10+ years</b>     | Age group able to participate in age specific program or activity unattended   |

### Fitness Centre Member

\*age specific open/drop in gym activities included in your membership\*

**Child Facility Membership** (4-13 yrs) \$20.00/month or \$199.00/annually (add HST)

\*includes leisure swimming, leisure skating & open/drop in age specific gymnasium activities\*