

# DROP IN/OPEN GYMNASIUM SCHEDULE

January 8 - 31, 2018

| MONDAY  |  | TUESDAY   |  | WEDNESDAY   |  | THURSDAY  |  | FRIDAY  |  |
|---|--|---|--|---|--|---|--|---|--|
| 9:30 - 11:00 AM<br><b>Drop in Parent/Toddler</b><br>(5 years & under)<br>North & South Gym                          |  | 9:00 - 10:00 AM<br><b>Gymnasium in use</b>  |  | 9:15 - 10:45 AM<br><b>Drop in Parent/Toddler</b><br>(5 years & under)<br>North & South Gym              |  | 9:00 - 10:00 AM<br><b>Gymnasium in use</b>  |  | 9:30 - 10:45 AM<br><b>Drop in Parent/Toddler</b><br>(5 years & under)<br>North & South Gym  |  |
| 11:30 - 1:30 PM<br><b>Adult (18+) Drop in Pickleball/Badminton</b><br>North & South Gym                             |  | 10:00 - 11:30 AM<br><b>Registered Program</b><br>Hop, Skip, Jump<br>(begins Jan. 16)<br>North & South Gym           |  | 11:00 - 11:30 AM<br><b>Registered Program</b><br>Lots for Tots<br>(begins Jan. 31)<br>North & South Gym |  | 10:15 - 11:45 AM<br><b>Drop in Parent/Tot</b><br>(5 years & under)<br>North & South Gym                                 |  | 11:00 - 11:30 AM<br><b>Registered Program</b><br>World of Discovery<br>(Begins Feb. 2)<br>North & South Gym   |  |
| 1:45 - 3:45 PM<br><b>Open Gym</b><br>North & South Gym  |  | 2:45 - 4:30 PM<br><b>Drop in Sports</b><br>13 - 17 yrs<br>North & South Gym   |  | 11:30 - 1:30 PM<br><b>Adult (18+) Drop in Pickleball/Badminton</b><br>North & South Gym                 |  | 2:45 - 4:30 PM<br><b>Drop in Sports</b><br>13 - 17 yrs<br>North & South Gym   |  | 11:30 - 1:30 PM<br><b>Adult (18+) Drop in Pickleball/Badminton</b><br>North & South Gym   |  |
| 4:00 - 5:15 PM<br><b>Drop In Basketball</b><br>13 - 17 yrs<br>North Gym   | 4:00 - 5:15 PM<br><b>Drop in Sports</b><br>Up to 12 yrs<br>South Gym | 4:30 - 5:45 PM<br><b>Drop in Sports</b><br>Up to 12 yrs<br>North & South Gym  |  | 1:45 - 4:30 PM<br><b>Open Gym</b><br>North & South Gym  |  | 4:30 - 5:45 PM<br><b>Drop in Sports</b><br>Up to 12 yrs<br>North & South Gym  |  | 1:45 - 2:30 PM<br><b>Open Gym</b><br>North & South Gym  |  |
| 5:30 - 6:45 PM<br><b>Family Drop in Sports</b><br>Parent & Children ONLY<br>(Up to 14 yrs old)<br>North & South Gym |  | 6:00 - 6:45 PM<br><b>Kids Zumba</b><br>6 - 11 yrs<br>(Must arrive by 6:05 p.m. for admittance)<br>North & South Gym |  | 4:45 - 6:45 PM<br><b>Registered Program</b><br>Playball<br>(begins Jan. 24)<br>North Gym                | 4:45 - 6:45 PM<br><b>Drop in Sports</b><br>Up to 12 yrs<br>South Gym | 6:00 - 6:45 PM<br><b>Kids Fit N Fun</b><br>6 - 13 yrs<br>(Must arrive by 6:05 p.m. for admittance)<br>North & South Gym |  | 4:15 - 5:15 PM<br><b>Drop in Sports</b><br>Up to 12 yrs<br>North & South Gym  |  |
| 7:15 - 9:45 PM<br><b>Adult (18+) Drop in Pickleball/Badminton</b><br>North & South Gym                              |  | 7:00 - 8:00 PM<br><b>Registered Program</b><br>Line Dancing<br>(begins Jan. 16)<br>North & South Gym                |  | 7:00 - 7:45 PM<br><b>Gymnasium in use</b><br>North & South Gym  |  | 7:00 - 7:45 PM<br><b>Gymnasium in use</b><br>North & South Gym  |  | 5:45 - 7:45 PM<br><b>Family Drop in Sports</b><br>Parent & Children ONLY<br>(Up to 14 yrs old)<br>Registered Program in South Gym<br>Begins Jan. 12, 6:45-8:30pm<br>North & South Gym |  |
| 8:00 - 9:45 PM<br><b>Adult (21+) Drop in Basketball</b><br>max 25<br>(Wristbands)<br>North & South Gym              |  | 8:15 - 9:45 PM<br><b>Adult (18+) Drop in Basketball</b><br>max 25<br>(Wristbands)<br>North & South Gym              |  | 8:00 - 9:45 PM<br><b>Adult (21+) Drop in Basketball</b><br>max 25<br>(Wristbands)<br>North & South Gym  |  | 8:00 - 9:45 PM<br><b>Adult (18+) Drop in Futsal</b><br>(Wristbands)<br>North & South Gym                                |  | 8:00 - 9:45 PM<br><b>Adult (18+) Drop in Pickleball/Badminton</b><br>North & South Gym  |  |

| SATURDAY   |  | SUNDAY   |   |
|--|--|--|---|
| 8:00 - 10:00 AM<br><b>Open Gym</b><br>Until Jan. 13<br>North & South Gym                                     |  | 8:00AM - 1:00PM<br><b>Open Gym</b><br>Until Jan. 1<br>North & South Gym      |   |
| 10:30 - 11:45 AM<br><b>Drop in Parent/Toddler</b><br>(5 years & under)<br>Until Jan. 13<br>North & South Gym |  | 8:00 - 8:45 AM<br><b>Open Gym</b><br>as of Jan. 20<br>North & South Gym      |   |
| 8:45AM - 12:00PM<br><b>Registered Program</b><br>Begins Jan. 20<br>North Gym                                 | 10:30AM-11:45AM<br><b>Drop in Parent/ Tot</b><br>Begins Jan. 20<br>South Gym | 8:45AM - 12:00PM<br><b>Registered Program</b><br>Begins Jan. 21<br>North Gym | 8:45AM-12:00PM<br><b>Open Gym</b><br>as of Jan 21.<br>South Gym |
| 12:15 - 1:00 PM<br><b>Open Gym</b><br>North & South Gym  |  | 12:15 - 1:00 PM<br><b>Open Gym</b><br>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.

| <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 |

## January 2017

**Hours:** Monday to Friday 6:00 AM - 10:00 PM  
Saturday & Sunday 7:30AM - 5:00PM

### \*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

### JANUARY NEWS AND UPDATES

**Line Dancing - Registered program:** Tuesdays 7:00-8:00 PM Drop in also available. Begins January 16, 2017  
Drop in fee \$5/class.

**Drop in Parent/Toddler:** Saturdays 10:30 - 11:45 AM - 5 Years and Under  
South Gym only as of January 13, 2018

**Gilrs Night Out - Registered program:** Friday January 12, 2018, South Gym 6:45 - 8:30pm  
Family Drop In Sports North Gym Only, 6:45 - 7:45pm  
Adult Drop In Pickleball/ Badminton North Gym Only, 8:00 -8:30pm

### 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\*