CITY WIDE | DROP IN OPEN GYM & SPORT SCHEDULE | WINTER 2020 | JAN 5 - APR 4

DOWNLOAD THE REC CENTRES MOBILE APP **& BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE!** AVAILABLE FOR IOS & ANDROID DEVICES

	SUN	MON	TUE	WED	THU	FRI	SAT
ACT AQUATIC & RECREATION CENTRE							
BADMINTON/PICKLEBALL	*4-6PM*	*12-3PM*	3:30-4PM *4-6PM*	*9-11AM*	3:30-4PM *4-6PM*	*12-3PM*	
OPEN GYM		10-11:45AM				9-10:30AM 3-5:45PM	
OPEN SENSORY ROOM	9AM-8PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM
SPORT N' FUN		9-11:45AM				9-11:45AM	
CLAREVIEW COMMUNITY RECREATION CENTRE							
BADMINTON		5:45-7:45PM			5:45-7:45PM		1-2:45PM
BASKETBALL	7-9:45AM 1-4PM					7-10:30PM	7-9:45AM 3-5PM
OPEN GYM	6AM-10PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	6AM-10PM
PICKLEBALL			11AM-1:45PM		11AM-1:45PM		
TABLE TENNIS	12-4PM					5-8PM	
VOLLEYBALL					4-5:30PM (ALL AGES)		9-10PM (ADULT)
COMMONWEALTH COMMUNITY RECREATION CENTRE							
BADMINTON	6-9PM		6-9AM	7-8:15PM	6-9AM		
BASKETBALL			4-7:45PM				
OPEN GYM	12-3:45PM 6-9PM	4-5:45PM	6-9AM 4-7:45PM	7-8:15PM	6-9AM 12-7:45PM	4-6PM	4-9PM
OPEN TURF	1:30-3:45PM	5-6:45PM	5-6:45PM	5-6:45PM	1:30-6:45PM	5-6:45PM	4-6:45PM
PICKLEBALL	12-3:45PM						
SPORT N' FUN			11:45-12:45PM			11:45-12:45PM	
ST FRANCIS XAVIER SPORTS CENTRE							
BADMINTON	1-5:45PM						
BADMINTON/PICKLEBALL	7-8:45AM						
BASKETBALL		5-7PM		5-7PM		5-7:45PM	7-9AM
OPEN GYM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM
PICKLEBALL					5-6:45PM		
VOLLEYBALL - ADULT			5-6:45PM			8-10PM	8-10PM
TERWILLEGAR COMMUNITY RECREATION CENTRE							
BADMINTON	6-9:30AM 12-3PM	5:30-9:45AM 3-6PM	5:30-8:45AM	5:30-9:45AM	5:30-8:45AM	5:30-9:45AM	6-9:45AM 3-5PM
BASKETBALL	3-6PM						5-7PM
OPEN GYM	6AM-10PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	6AM-10PM
PICKLEBALL *For players of all skill levels unless indicated otherwise*		1-4PM	7-10AM 1-3:45PM *(Advanced)*	1-4PM	11:30AM-2PM *(Beginner)*	1-4PM	8:30-10PM
TABLE TENNIS	3:30-10PM	6:45-10:30PM	4:30-10:30PM	4:30-10:30PM	12-4:30PM 7:30-10:30PM	4:30-10:30PM	9-11:45AM 1-10PM
VOLLEYBALL - ADULT	8-10PM						9-10PM
THE MEADOWS COMMUNITY RECREATION CENTRE							
BADMINTON	7-9:45AM						7-9:45AM
BASKETBALL	1-4PM						2-5PM
OPEN GYM	6AM-10PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	5:30AM- 10:30PM	6AM-10PM
PICKLEBALL		1:30-4PM	8-10AM 11:30AM- 2:30PM	11:30AM- 2:30PM	8-10AM	12:30-4PM	
TABLE TENNIS	9AM-12PM	5-8PM	5-8PM	5-8PM	1-8PM	5-8PM	10AM-1PM
VOLLEYBALL	8-11AM						

***Indicates bookable court time. Until further notice - due to technical difficulties courts at ACT are currently not bookable.**

☆ *NO **Leader-led Programs on Statutory Holidays**. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations and Visit movelearnplay.edmonton.ca for weekly drop-in schedules. ***Revised January 28, 2020.***

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PROGRAM DESCRIPTIONS	
BADMINTON	Be fast on your feet and bring your family and friends for some badminton play in our gymnasium. All ages and abilities welcome.
BADMINTON/PICKLEBALL	Come out and play Badminton and pickleball! Nets will be set up based on demand for both badminton and pickleball.
BASKETBALL	Come shoot some hoops with your family and friends. All ages and abilities welcome.
OPEN GYM	A first-come, first-served opportunity based on demand for drop-in play activities such as basketball, badminton and more! This time is designated for fun, spontaneous use and not intended for organized team practices or dedicated games.
OPEN SENSORY ROOM	The Sensory Room is designed for persons who would benefit from sensory stimulation. The room allows individuals to interact with and control a variety of sensory experiences. Sensory equipment can help develop key life skills including vocalization, gross motor skills, color recognition and tracking in a gentle and relaxing way.
OPEN TURF	Bring the family down and participate in a variety of activities including soccer, football, baseball, frisbee, and rugby in our state of the art indoor field house.
PICKLEBALL	Come out and play some pickleball! Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis.
SPORT N' FUN	Dedicated drop in play time for persons with disabilities to safely and comfortably partake in gymnasium activities such as basketball, badminton, and many more!
TABLE TENNIS	Try a game of table tennis. Sharpen your reflexes and reaction time with this fast-paced and fun game.
VOLLEYBALL - ADULT	Practice your volley, set and spike with friends and family. Must be 18+ to participate.
VOLLEYBALL - ALL AGES	Practice your volley, set and spike with friends and family. All ages welcome.

Quick reservations for a variety of sporting activities can also be made online or through 311 at other facilities, including ACT Aquatic and Recreation Centre, Kinsmen Sports Centre, and Mill Woods Recreation Centre.

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