



# PHASE 2 Summer Drop-in at the Canada Games Centre

## Beginning Monday, August 3<sup>rd</sup>



updated August 10, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Pickleball</b> 6:30 am - 11:00 am		<b>Pickleball</b> 6:30 am - 11:00 am		<b>Adult Pucks n Sticks</b> 7:00 am - 8:30 am	
<b>Family Pickleball</b> 9:00 am - 10:00 am		<b>Pickleball &amp; Families on the Move</b> 9:00 am - 11:00 am		<b>Pickleball &amp; Families on the Move</b> 9:00 am - 11:00 am	<b>Pickleball</b> 6:30 am - 11:00 am	<b>Family Pickleball</b> 9:00 am - 10:00 am
<b>Families on the Move</b> 9:00 am - 11:30 am	<b>Families on the Move</b> 9:00 am - 1:00 pm		<b>Families on the Move</b> 9:00 am - 1:00 pm		<b>Families on the Move</b> 9:00 am - 1:00 pm	
<b>Mind-Body Yoga</b> 9:00 am - 10:30 am	<b>BallFit</b> 9:00 am - 10:00 am	<b>Flex Flow Yoga</b> 9:00 am - 10:00 am	<b>Golden HIIT</b> 9:00 am - 10:00 am	<b>Gentle Core Fusion</b> 9:00 am - 10:00 am	<b>Tabata</b> 9:00 am - 10:00 am	<b>Zumba</b> 9:45 am - 10:45 am
<b>Family Pucks n Sticks</b> 11:00 am - 12:00 pm	<b>Public Skate</b> 10:30 am - 12:00 pm			<b>Public Skate</b> 10:30 am - 12:00 pm	<b>Family Pucks n Sticks</b> 11:00 am - 12:30 pm	<b>Teen Pucks n Sticks</b> 11:00 am - 12:00 pm
<b>Pickleball</b> 10:00 am - 1:00 pm	<b>Basketball</b> 11:30 am - 1:30 pm	<b>Tennis</b> 11:30 am - 1:30 pm	<b>Basketball</b> 11:30 am - 1:30 pm	<b>Tennis</b> 11:30 am - 1:30 pm	<b>Basketball</b> 11:30 am - 1:30 pm	<b>Pickleball</b> 10:00 am - 1:00 pm
<b>Zumba</b> 12:30 pm - 1:30 pm	<b>Bootcamp Xpress</b> 12:10 pm - 12:50 pm	<b>Core Fusion</b> 12:10 pm - 12:50 pm	<b>Kettlebell Flow</b> 12:10 pm - 12:50 pm	<b>PiYo</b> 12:10 pm - 12:50 pm	<b>HIIT</b> 12:10 pm - 12:50 pm	
<b>Public Skate</b> 12:30 pm - 2:00 pm			<b>Adult Pucks n Sticks</b> 12:00 pm - 1:30 pm		<b>Teen Pucks n Sticks</b> 1:00 pm - 2:30 pm	<b>Public Skate</b> 12:30 pm - 2:00 pm
<b>Basketball, Badminton, &amp; Soccer</b> 2:00 pm - 3:30 pm	<b>Pickleball</b> 1:30 pm - 3:30 pm	<b>Basketball, &amp; Pickleball</b> 2:00 pm - 4:00 pm	<b>Pickleball</b> 1:30 pm - 3:30 pm	<b>Basketball, &amp; Pickleball</b> 2:00 pm - 4:00 pm	<b>Pickleball</b> 1:30 pm - 3:30 pm	<b>Badminton, Basketball, &amp; Soccer</b> 1:30 pm - 3:30 pm
	<b>Badminton</b> 2:00 pm - 4:00 pm		<b>Badminton</b> 2:00 pm - 4:00 pm		<b>Badminton</b> 2:00 pm - 4:00 pm	
<b>Choose a Sport &amp; Families on the Move</b> 4:00 pm - 6:00 pm	<b>Choose a Sport</b> 4:30 pm - 6:30 pm	<b>Choose a Sport &amp; Soccer</b> 4:30 pm - 6:30 pm		<b>Choose a Sport &amp; Soccer</b> 4:30 pm - 6:30 pm	<b>Choose a Sport</b> 4:30 pm - 6:30 pm	<b>Choose a Sport &amp; Families on the Move</b> 4:00 pm - 6:00 pm
	<b>Zumba</b> 5:10 pm - 6:10 pm	<b>STRONG</b> 5:10 pm - 6:10 pm	<b>Zumba</b> 5:10 pm - 6:10 pm	<b>Mixed Level Yoga</b> 5:10 pm - 6:10 pm		
	<b>Gentle Yoga</b> 6:30 pm - 7:30 pm					
<b>Badminton, Pickleball, &amp; Soccer</b> 7:00 pm - 8:00 pm	<b>Badminton, Basketball, &amp; Pickleball</b> 7:00 pm - 8:00 pm	<b>Badminton, Basketball, &amp; Soccer</b> 7:00 pm - 8:00 pm	<b>Badminton, Basketball, &amp; Pickleball</b> 7:00 pm - 8:00 pm	<b>Badminton, Basketball, &amp; Soccer</b> 7:00 pm - 8:00 pm	<b>Badminton, Basketball, &amp; Pickleball</b> 7:00 pm - 8:00 pm	<b>Badminton, Pickleball, &amp; Soccer</b> 7:00 pm - 8:00 pm

### Schedule Legend

Powerade® Flexihall

Northwestel Arena

Fitness Classes



All Fitness classes require an access key tag.

Access tags can be picked up at Reception 30 mins. prior to class start.

### Hours of Operation

Monday - Friday

6:00 am - 8:00 pm

Saturday and Sunday

8:00 am - 8:00 pm

Closed on Holidays

Aug. 17 Discovery Day

Sept. 7, Labour Day



# Drop-in Descriptions

## FITNESS CLASS DESCRIPTIONS

Capacity per class: 10 people

<b>BallFit</b>	A total body workout that increases balance, stability, and body awareness using a Fitball and other equipment.
<b>Bootcamp Xpress</b>	Get put through your paces with a mixture of cardiovascular, strength, and core training.
<b>Core Fusion</b>	Begin with a full body warm-up focusing on correct posture and engaging core muscles, followed by a variety of core and abdominal exercise sequences.
<b>Flex Flow Yoga</b>	Breath work combined with dynamic poses makes this a challenging endurance based yoga class.
<b>Gentle Yoga</b>	Enjoy the harmonizing benefits of yoga through gentle stretching and strengthening, breath work, and relaxation.
<b>Gentle Core Fusion</b>	Geared towards our active aging population, begin with a full body warm-up focusing on correct posture and engaging core muscles, followed by a variety of core and abdominal exercise sequences.
<b>HIIT</b> <i>High Intensity Interval Training</i>	A strength and aerobic conditioning workout designed to work your whole body. High intensity cardio bursts will set you on the right track.
<b>Golden HIIT</b>	A total body, aerobic and strength conditioning workout geared towards our active aging population.
<b>Kettlebell Flow</b>	Two or more kettlebell exercises strung together and performed back-to-back in fluid sequences to build strength, muscular endurance and burn calories.
<b>Mind-Body Yoga</b>	Gentle physical exercises fused with relaxation and breathing exercises followed by an introduction to meditation.
<b>Mixed Level Yoga</b>	Suitable for all levels, this class aims to improve strength, focus and flexibility. Options are provided in each pose to challenge your comfort level.
<b>PiYo</b>	PiYo cranks up the intensity and speed of traditional Pilates and Yoga to help you shape arms, flatten abs, and build a lifter's butt. No equipment needed.
<b>STRONG</b>	Strong by Zumba™ combines High Intensity Interval Training (HIIT) with synched music.
<b>Tabata</b>	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
<b>Zumba™</b>	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.

## PLEASE FOLLOW OUR COVID GUIDELINES



Come **dressed to play**. Leave valuables and extra gear at home. Changerooms are unavailable.



**Use hand sanitizer** upon entry and exit.



Keep a **safe distance of 2 meters** between yourself and others.



**Skills and drills only**. Hockey, soccer and basketball games are not permitted.

## NORTHWESTEL DROP-IN DESCRIPTIONS

Capacity: 10 people

### Pucks n Sticks

*Adult: ages 18+*  
*Teen: ages 10 - 17*  
*Family: children accompanied by an adult*

Practice skating, stick handling and shooting skills. Pick-up games of hockey are not allowed during this time. **Helmets and gloves are mandatory.**

### Public Skate

A time for everyone to grab their skates and enjoy our indoor facility. **Helmets are strongly recommended for children.**

## FLEXIHALL DROP-IN DESCRIPTIONS

Capacity per third of flexi: 10 people

### Badminton

Badminton racquet with shuttlecock available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).

### Basketball

A time to come and practice your basketball skills. **Skills and drills only** (games are not permitted).

### Choose a Sport

Ask an Activity Monitor to set up any of the following activities: basketball, soccer, badminton, tennis, mini-tennis or pickleball.

### Families on the Move

A time for families with small children to access our facility equipment including: balls, hoops, cars, scooters and play kits!

### Pickleball

*Family: children accompanied by adult*

Pickleball racquet and ball available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).

### Soccer

A time to come and practice your soccer skills. **Skills and drills only** (games are not permitted).

### Tennis

Tennis racquet and ball available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).