

RECREATIONAL SPORTS
Sign-up: 250.386.3714
SIGN-UP TIMES & COST

	Book After	Cost
Member	9:00am	Included
Non-member	11:00am	\$6.13 including HST

FORFEIT TIME IS TEN MINUTES.

Exactly 10 minutes past the start time for any Rec. Sport, people on the wait list will be allowed to play if you haven't checked in and received a hand stamp at the Membership Services Desk.

ADULT BEGINNER SKILLS PROGRAM

Attend member-included skills and drills programs and learn fundamental techniques, rules and gain confidence before dropping in to a recreational sport time. Dates and times are available **online** on the Recreation and Sport program sheet.

BADMINTON DROP-IN

We encourage you to bring your own racquet.

Level/Age	Day	Time
Teen/Adult	Monday	7:00-10:00pm
Teen/Adult	Wednesday	7:00-10:00pm

VOLLEYBALL DROP-IN

We recommend that you have some volleyball experience.

Level/Age	Day	Time
Intermediate/Advanced	Tuesday	7:30-10:00pm
Teen/Adult	Saturday	1:30-4:30pm

OPEN GYM TIMES

Shared times for members to use the gymnasium.

Level/Age	Day	Time
Teen/Adult	Monday, Wednesday-Friday	5:30-10:00am
Teen/Adult	Tuesday	5:30-9:00am
Teen/Adult	Monday-Friday	3:00-4:45pm
Teen/Adult	Thursday	6:30-8:25pm
Teen/Adult	Friday	8:00-10:00pm
Teen/Adult	Saturday	7:00-8:30pm
Teen/Adult	Sunday	5:30-7:00pm

BASKETBALL DROP-IN

Level/Age	Day	Time
Teen/Adult	Tuesday	5:30-7:25pm
Teen/Adult	Thursday	8:30-10:15pm
Teen/Adult	Sunday	2:30-4:30pm

INDOOR SOCCER

We recommend that you have some soccer experience.

Level/Age	Day	Time
Adult	Monday	1:00-2:45pm
Adult	Friday	12:00-1:45pm

Programs do not run on statutory holidays