

DROP-IN RECREATIONAL SPORTS
Sign-up: 250.386.7511
SIGN-UP TIMES & COST

	Book After	Cost
Member	9:00am	Included
Non-member	11:00am	Teen (13-17): \$6.19 + HST Young Adult (18-24): \$7.62 + HST Adult (25+): \$9.05 + HST

BADMINTON	We encourage you to bring your own racquet.		
	Level/Age	Day	Time
	Teen/Adult	Monday	7:15-10:00pm
	Teen/Adult	Wednesday	7:00-10:00pm
	Teen/Adult	Saturday	4:45-7:15pm

VOLLEYBALL			
	Level/Age	Day	Time
	Intermediate/Advanced	Tuesday	7:30-10:00pm
	<i>Participants must be able to complete the following skills to attend this skill level:</i> <i>Serving:</i> Overhand serves. <i>Attacking:</i> Can attack (spike) the ball into the opponent's court. <i>Blocking:</i> Can effectively set and complete a block. <i>Passing:</i> Can adequately complete underhand and overhand passes to a target.		
	All levels	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 & Thursday	5:30-9:00am
	Teen/Adult	Monday, Wednesday, Thursday	3:30-4:45pm
	Teen/Adult	Saturday	7:15-8:45pm

- King Court will be played on the 1st Wednesday of each month.
- ▲ Only half of the gymnasium is available during this time.
- ◆ Youth/Teen sport times are for ages 9-17 years.


CHECK-IN, WAITLISTS AND FORFEIT TIME

- All participants must check in and receive hand stamps at the Membership Services Desk by the **START TIME** of the session.
- Participants on the waitlist will be allowed to play if you have **NOT** checked in and received a hand stamp at the Membership Services Desk by the **START TIME** of the session.
- Each recreational sport time takes a waitlist of up to 5 players.

BASKETBALL			
	Level/Age	Day	Time
	Youth/Teen	Tuesday	4:00-5:25pm
	Adult	Tuesday	5:45-7:25pm
	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
	Teen/Adult	Thursday	5:00-6:25pm
	Adult	Friday	12:00-1:45pm

FLOOR HOCKEY	Please bring your own stick.		
	Level/Age	Day	Time
	Adult	Friday	6:30-8:00pm

Programs do not run on statutory holidays