ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of January 8 - January 14

	MONDAY 8		
	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programming		Dance Fit
11AM		THRIVE	Strength & Stretch
12PM			
1PM	OCPSA Boccia Bratz		
2PM			Pickleball ($)
3PM		THRIVE	
4PM			
5PM	Grandview Boccia Program		ASAD
6PM	Pre-school & Child Sports & Games		HITT
7PM		THRIVE	Zumba Dance Party
8PM			
9PM			OBA
10PM	CLOSED		

	TUESDAY 9		
	Court 1	Court 2	Court 3
8AM			
9AM		THRIVE	Pump It
10AM	RM/CM		ASAD
11AM			
12PM	TIME		
1PM		THRIVE	
2PM	TIME		ASAD
3PM			
4PM			
5PM			
6PM		Child Sports and Games	Body Sculpt
7PM			Zumba Dance Party
8PM			
9PM			
10PM	CLOSED		

	WEDNESDAY 10		
	Court 1	Court 2	Court 3
8AM			
9AM			Strength & Stretch
10AM	Preschool Programmin g	THRIVE	Body Sculpt
11AM		THRIVE	Strength & Stretch
12PM	TIME		
1PM	THRIVE		
2PM			Pickleball ($)
3PM			
4PM			
5PM			ASAD
6PM	ASC Sports Night	Grandview Sports Night	Child Sports & Games 1/2 Court 20/20/20
7PM			
8PM			
9PM			
10PM	CLOSED		

	THURSDAY 11		
	Court 1	Court 2	Court 3
8AM			
9AM		THRIVE	20/20/20
10AM	RM/CM		ASAD
11AM			
12PM	TIME		
1PM			
2PM	TIME		ASAD
3PM		THRIVE	
4PM			
5PM			
6PM		Child Sports & Games	Pump It
7PM	OBA		
8PM			
9PM			
10PM	CLOSED		

	FRIDAY 12		
	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programming		Body Sculpt
11AM	RM/CM	THRIVE	
12PM	TIME		
1PM		THRIVE	
2PM			Pickleball ($)
3PM			
4PM			
5PM	ASAD		
6PM	Durham Region Soccer		Family Badminton
7PM			
8PM		Chad Larabie 1/2 Court	
9PM			
10PM	CLOSED		

	SATURDAY 13		
	Court 1	Court 2	Court 3
8AM			
9AM			Child/Preschool Sports 1/2 Court HIIT
10AM			Child/Preschool Sports 1/2 Court Zumba
11AM			
12PM			
1PM	OBA		
2PM			
3PM			
4PM			
5PM			STEAMS Youth Badminton
6PM			
7PM			
8PM			
9PM	CLOSED		
10PM			

	SUNDAY 14		
	Court 1	Court 2	Court 3
8AM			
9AM			Pre-school & Child Sports & Games 1/2 Court Body Sculpt 9AM-10AM
10AM			
11AM			
12PM			
1PM	OBA		
2PM			Family Badminton
3PM			
4PM			
5PM			STEAMS Youth Badminton
6PM			
7PM			
8PM			
9PM	CLOSED		
10PM			