ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of March 12 - March 18

Abilities Centre reserves the right to change/adjust the court schedule at any time without notice

	MONDAY 12		
	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programming	PA Day Camp	Dance Fit
11AM	Region of Durham	THRIVE	Strength & Stretch
12PM			
1PM			Pickleball ($)
2PM			
3PM	PA Day Camp	THRIVE	
4PM			
5PM	Boccia		ASAD
6PM			
7PM	Preschool & Child Sports & Games		HIIT
			Zumba
8PM			
9PM			OBA
10PM	CLOSED		

	TUESDAY 13		
	Court 1	Court 2	Court 3
8AM			
9AM	March Break Camp	THRIVE	Pump It
10AM			
11AM	RM/CM	OBA	ASAD
12PM			
1PM	TIME		Guns n' Glutes
2PM	TIME	THRIVE	
3PM	PA Day Camp		ASAD
4PM			OBA
5PM			
6PM		Child Sports and Games	Body Sculpt
7PM			Zumba Dance Party
8PM	Rugby Ontario		Basketball
9PM			
10PM	CLOSED		

	WEDNESDAY 14		
	Court 1	Court 2	Court 3
8AM			
9AM			Strength & Stretch
10AM	Preschool Programming	THRIVE	Body Sculpt
11AM	PA Day Camp	THRIVE	Strength & Stretch
12PM	TIME		
1PM	THRIVE		
2PM			Pickleball ($)
3PM	PA Day Camp		
4PM	PARE Testing		ASAD
5PM			
6PM	ASC Sports Night	Grandview Sports Night	Child Sports & Games 1/2 Court 20/20/20
7PM			
8PM			Men's Basketball
9PM			
10PM	CLOSED		

	THURSDAY 15		
	Court 1	Court 2	Court 3
8AM			
9AM		THRIVE	20/20/20
10AM	RM/CM	PA Day Camp	ASAD
11AM			
12PM	TIME		
1PM			
2PM	TIME		ASAD
3PM	PA Day Camp	THRIVE	
4PM			
5PM	IFP		
6PM		Child Sports & Games	Pump It
7PM	OBA		
8PM		Men's Basketball	OBA
9PM			
10PM	CLOSED		

	FRIDAY 16		
	Court 1	Court 2	Court 3
8AM			
9AM	Preschool Programming		Body Sculpt
10AM	RM/CM	THRIVE	PA Day Camp
11AM			
12PM	TIME		
1PM		THRIVE	Pickleball ($)
2PM			
3PM	PA Day Camp		
4PM			
5PM	ASAD		
6PM			Family Badminton
7PM	Durham Region Soccer		
8PM			
9PM			
10PM	CLOSED		

	SATURDAY 17		
	Court 1	Court 2	Court 3
8AM			
9AM	Preschool & Child Sports & Games		HIIT
10AM			Zumba
11AM		OBA	
12PM			
1PM			
2PM			
3PM		Birthday Party *No staff*	
4PM			
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			

	SUNDAY 18		
	Court 1	Court 2	Court 3
8AM			
9AM	Preschool & Child Sports & Games		Body Sculpt
10AM			
11AM			
12PM	Birthday party		
1PM			
2PM			Family Badminton
3PM			
4PM			
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			