

EVENING RECREATION PROGRAMS

January - March

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Strathroy Community Christian School (7880 Walkers Road, Strathroy)		Basketball (Reg) 6:30 - 7:30pm (Ages 6 - 10) 7:30 - 9:00pm (Ages 11 - 14)			
High School (361 Second Street, Strathroy)	Coed Volleyball League (Reg) 6:30 - 9:30pm (Ages 18+)	Volleyball (Reg) 6:30 - 7:30pm (Ages 9 - 11) 7:30 - 9:00pm (Ages 12 - 14)	Jr. Carpenters (Reg) 6:30 - 8:30pm (Ages 9 - 14)	Jr. Chefs (Reg) 6:30 - 8:30pm (Ages 9 - 14)	FLEX = Drop in, Pay per day REG = Registered, Must pre-register for program FREE = Awesome! This program is free of charge
		Jr. Trades—Build and Grow (Reg) 6:30 - 8:30pm (Ages 9 - 14)			
Various Locations (Gemini Sportsplex - 667 Adair Blvd. North Meadows - 82 Middlesex Drive Caradoc Community Centre - 565 Lions Park Drive, Mount	Pickleball (Flex) Caradoc Community Centre 7:00 - 9:00pm (Ages 18+)	Rec Volleyball (Flex) North Meadows 7:00 - 9:00pm (Ages 15+)	Visual Arts (Reg) Gemini Sportsplex 6:30 - 8:30pm (Ages 9 - 14)		
West Middlesex Memorial Centre (334 Metcalfe Street West, Strathroy)	Archery/Laser Tag Games (Reg) 6:00 - 7:00pm (Ages 9 - 14)		Badminton (Reg) 6:00 - 7:00pm (Ages 9 - 14)	Epic Adventurers (Intro to D&D) (Reg) 6:30 - 8:30pm (Ages 9 - 14)	PA Day Camps (Reg) Various Dates 7:00 - 4:30pm (Ages 4 - 12)
	Pickleball (Flex) 7:00 - 9:00pm (Ages 18+)	Rec Basketball (Flex) 9:00 - 10:30pm (Ages 15+)	Badminton (Flex) 7:00 - 8:30pm (Ages 18+)	Pickleball (Flex) 7:00 - 9:00pm (Ages 18+)	Cornhole League (Reg) 7:30 - 9:00pm (Ages 18+)



ADULT DAYTIME RECREATION PROGRAMS

January - March



Location	Monday	Tuesday	Wednesday	Thursday	Friday
West Middlesex Memorial Centre (334 Metcalfe Street West, Strathroy)	Pickleball MW (Reg) 9:00 - 11:30am	Pickleball TTH (Reg) 9:00 - 11:30am	Pickleball MW (Reg) 9:00 - 11:30am	Pickleball TTH (Reg) 9:00 - 11:30am	Pickleball (Flex) 9:00 - 11:30am
	Talk n Stroll (FREE) 11:30 - 12:30pm	Walking Program with VON (FREE) 11:30 - 12:30pm	Talk n Stroll (FREE) 11:30 - 12:30pm	Walking Program with VON (FREE) 11:30 - 12:30pm	Talk n Stroll (FREE) 11:30 - 12:30pm
	Strength and Stability (Reg) 10:30 - 11:30am	Tai Chi Beginners (Reg) 12:30 - 1:30pm Intermediate (Reg) 1:30 - 2:30pm	Chair Yoga (Reg) 10:00 - 11:00am Standard Yoga (Reg) 11:00 - 12:00pm	Strength and Stability (Reg) 1:00 - 2:00pm	Friday Tournaments Various Days and Programs
				Badminton (Reg) 1:00 - 3:00pm	
	Pickleball - Beginners (Flex) 1:00 - 3:00pm	Pickleball - Experienced (Flex) 1:00 - 3:00pm	Cornhole (Flex) 1:00 - 3:00pm	Mindfulness Moment (Reg) 1:30 - 3:00pm	
	Euchre (Flex) 1:00 - 4:00pm	Duplicate Bridge (Flex) 1:00 - 4:00pm			
	Skating (Free) Family 10:00 - 11:00am Adult 11:00 - 12:00pm		Skating (Free) Family 10:00 - 11:00am Adult 11:00 - 12:00pm		
Caradoc Community Centre (565 Lions Park Drive, Mount Brydges)	Pickleball MW (Reg) 9:00 - 11:00am		Pickleball MW (Reg) 9:00 - 11:00am	Pickleball (Flex) 1:00 - 3:00pm	Pickleball (Flex) 1:00 - 3:00pm
	Walking Program (FREE) 12:00 - 1:00pm		Walking Program (FREE) 12:00 - 1:00pm	Floor Curling (Flex) 10:00am - 12:00pm	Walking Program (FREE) 12:00 - 1:00pm