

# EVENING RECREATION PROGRAMS

January - March

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

# ADULT DAYTIME RECREATION PROGRAMS

## January - March

| Location  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|--|---|--|--|
| West Middlesex<br>Memorial Centre<br>(334 Metcalfe Street<br>West, Strathroy) | <b>Pickleball MW (Reg)</b><br>9:00 - 11:30am               | <b>Pickleball TTH (Reg)</b><br>9:00 - 11:30am  | <b>Pickleball MW (Reg)</b><br>9:00 - 11:30am  | <b>Pickleball TTH (Reg)</b><br>9:00 - 11:30am  | <b>Pickleball (Flex)</b><br>9:00 - 11:30am   |
|   | <b>Talk n Stroll (FREE)</b><br>11:30 - 12:30pm             | <b>Walking Program<br/>with VON (FREE)</b><br>11:30 - 12:30pm                                      | <b>Talk n Stroll (FREE)</b><br>11:30 - 12:30pm  | <b>Walking Program<br/>with VON (FREE)</b><br>11:30 - 12:30pm                                | <b>Talk n Stroll (FREE)</b><br>11:30 - 12:30pm   |
|   | <b>Strength and Stability<br/>(Reg)</b><br>10:30 - 11:30am | <b>Tai Chi<br/>Beginners (Reg)</b><br>12:30 - 1:30pm<br><b>Intermediate (Reg)</b><br>1:30 - 2:30pm | <b>Chair Yoga (Reg)</b><br>10:00 - 11:00am<br><b>Standard Yoga (Reg)</b><br>11:00 - 12:00pm | <b>Strength and Stability<br/>(Reg)</b><br>1:00 - 2:00pm                                     | <b>Friday Tournaments<br/>Various Days and<br/>Programs</b>  |
|   |  |  |   | <b>Badminton (Reg)</b><br>1:00 - 3:00pm  |  |
|   | <b>Pickleball - Beginners<br/>(Flex)</b><br>1:00 - 3:00pm  | <b>Pickleball -<br/>Experienced (Flex)</b><br>1:00 - 3:00pm  | <b>Cornhole (Flex)</b><br>1:00 - 3:00pm   | <b>Mindfulness Moment<br/>(Reg)</b><br>1:30 - 3:00pm   |  |
|   | <b>Euchre (Flex)</b><br>1:00 - 4:00pm                      | <b>Duplicate Bridge<br/>(Flex)</b><br>1:00 - 4:00pm  |   |  |  |
| Gemini Sportsplex<br>(667 Adair Boulevard,<br>Strathroy)                      |  | <b>Skating (Free)</b><br><b>Family</b><br>10:00 - 11:00am<br><b>Adult</b><br>11:00 - 12:00pm       |   | <b>Skating (Free)</b><br><b>Family</b><br>10:00 - 11:00am<br><b>Adult</b><br>11:00 - 12:00pm | <div> <b>FLEX</b> = Drop in,<br/>Pay per day<br/><br/> <b>REG</b> = Registered,<br/>Must pre-register for<br/>program<br/><br/> <b>FREE</b> = Awesome!<br/>This program is free of<br/>charge </div> |
|   |  |  |   |  |  |
| Caradoc Community<br>Centre<br>(565 Lions Park Drive,<br>Mount Brydges)       | <b>Pickleball MW (Reg)</b><br>9:00 - 11:00am               |  | <b>Pickleball MW (Reg)</b><br>9:00 - 11:00am  | <b>Pickleball (Flex)</b><br>1:00 - 3:00pm  | <b>Pickleball (Flex)</b><br>1:00 - 3:00pm  |
|   | <b>Walking Program<br/>(FREE)</b><br>12:00 - 1:00pm        |  | <b>Walking Program<br/>(FREE)</b><br>12:00 - 1:00pm   | <b>Floor Curling (Flex)</b><br>10:00am - 12:00pm   | <b>Walking Program (FREE)</b><br>12:00 - 1:00pm  |