



CARLETON COMMUNITY CENTRE DAY-TO-DAY PROGRAMMING (school calendar year)

MONDAYS

- Chair yoga, 10-11:15am
- Community Pickleball, *beginner*, 10:30am-12:30pm (drop-in fee \$2)
- Men's basketball, 8:30-10:00pm (usually earlier on holidays – ask Tim!)

TUESDAYS

- Gentle therapeutic yoga, upstairs, 10-11:30am
- Zoomers In Balance, fall prevention and exercise program for 50+ years, 10:30am-11:30am
- Teen program for 13-18 years, 7-9:00pm

WEDNESDAYS

- Family Resource Centre Playgroup for pre-school aged kids and parents, 10am-12:00pm
- Community Pickleball, *beginner*, 10:30am-12:30pm (drop-in fee \$2)

THURSDAYS

- Gentle therapeutic yoga, 10-11:30am
- Art Club, 10am-12:00pm
- Zoomers In Balance, fall prevention and exercise program for 50+ years, 11am-12:00pm
- Teen program for 13-18 years, 7-9:00pm

FRIDAYS

- Community Pickleball, *competitive*, 10:30am-12:30pm (drop-in fee \$2)
- Adult basketball, 12:30-2:30pm (drop-in fee \$2)

WEEKDAYS/NIGHTS

- **Youth program for 6-12 years, Mon-Fri 4-7:00pm** (dances once per month)
- Cheerleading: rec, learn to cheer, tumbling, and competitive programs 6 days per week
- Youth Breakfast once per month, Saturdays 9:30-11:30am

- Port City Pickleball, 5 days per week
- Women's Volleyball League, Sundays
- SJ Bikeshare program (seasonally), putting active transportation into the hands of our community
- Beach Volleyball League, seasonally
- **Community rental opportunity, year-round weekends**