

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:00 pm Free Holiday Skate	2 1:00 pm Pickleball 18+ 3:00 pm Free Holiday Skate 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	3 9:30 am Ladies Shinny 10:00 am Beginner Pickleball 18+ 3:00 pm Free Holiday Skate 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	4 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
5 12:30 pm Public Skating	6 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12)	7 10:00 am Ladies Shinny 1:00 pm Preschool Skate / Stick and Puck (ages 0-6) 2:00 pm Adult Skating 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 8:00 pm Adult Open Gym (18+)	8 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:30 am Men's Shinny 1:00 pm Advanced Pickleball 18+	9 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	10 9:30 am Ladies Shinny 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	11 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
12 12:30 pm Public Skating	13 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12) 5:15 pm Sportball: Parent and Child	14 9:30 am Chair Yoga with Melinda 10:00 am Ladies Shinny 10:00 am Tai Chi 1:00 pm Preschool Skate / Stick and Puck (ages 0-6) 2:00 pm Adult Skating 4:30 pm Youth Open Gym (ages 9-17)	15 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 10:00 am Walking Club 10:30 am Men's Shinny 1:00 pm Advanced	16 10:00 am Tai Chi 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	17 9:30 am Ladies Shinny 10:00 am Walking Club 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball	18 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating

	<p>Multi-Sport</p> <p>6:00 pm Sportball: Jr. Multi-Sport</p> <p>7:45 pm Reclaiming Your Body Through Somatic Movement with Brad</p>	<p>6:00 pm Pickleball 18+</p> <p>6:30 pm Hatha Yoga for Tight Hips with Melinda</p> <p>7:45 pm All Levels Flow Yoga with Melinda</p> <p>8:00 pm Beginner Bounce Class with Stacey</p> <p>8:00 pm Adult Open Gym (18+)</p>	<p>Pickleball 18+</p> <p>3:00 pm Walking Club</p> <p>3:00 pm YMCA Swim Trips</p> <p>7:30 pm Man Stretch - Yoga for Men</p>		<p>18+</p> <p>3:00 pm Walking Club</p> <p>4:00 pm Stick and Puck (ages 13-17)</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>	
<p>19</p> <p>12:30 pm Public Skating</p>	<p>20</p> <p>10:00 am Gentle Yoga with Melinda</p> <p>10:00 am Pickleball 18+</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Beginner Pickleball 18+</p> <p>4:00 pm Stick and Puck (ages 6-12)</p> <p>5:15 pm Sportball: Parent and Child Multi-Sport</p> <p>6:00 pm Sportball: Jr. Multi-Sport</p> <p>7:45 pm Reclaiming Your Body Through Somatic Movement with Brad</p>	<p>21</p> <p>9:30 am Chair Yoga with Melinda</p> <p>10:00 am Ladies Shinny</p> <p>10:00 am Tai Chi</p> <p>1:00 pm Preschool Skate / Stick and Puck (ages 0-6)</p> <p>2:00 pm Adult Skating</p> <p>4:30 pm Youth Open Gym (ages 9-17)</p> <p>6:00 pm Pickleball 18+</p> <p>6:30 pm Hatha Yoga for Tight Hips with Melinda</p> <p>7:45 pm All Levels Flow Yoga with Melinda</p> <p>8:00 pm Beginner Bounce Class with Stacey</p> <p>8:00 pm Adult Open Gym (18+)</p>	<p>22</p> <p>9:30 am Preschool Skate / Stick and Puck (ages 0-6)</p> <p>10:00 am Gentle Yoga with Melinda</p> <p>10:00 am Pickleball 18+</p> <p>10:00 am Walking Club</p> <p>10:30 am Men's Shinny</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Walking Club</p> <p>3:00 pm YMCA Swim Trips</p> <p>7:30 pm Man Stretch - Yoga for Men</p>	<p>23</p> <p>10:00 am Tai Chi</p> <p>1:00 pm Pickleball 18+</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p>	<p>24</p> <p>9:30 am Ladies Shinny</p> <p>10:00 am Walking Club</p> <p>10:00 am Beginner Pickleball 18+</p> <p>10:00 am Free Older Adult Social 55+</p> <p>10:30 am Free Ukulele Jam Session 55+</p> <p>2:00 pm Pickleball 18+</p> <p>3:00 pm Walking Club</p> <p>4:00 pm Stick and Puck (ages 13-17)</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>	<p>25</p> <p>11:00 am Family Open Gym</p> <p>6:30 pm Pickleball 18+</p> <p>7:00 pm Public Skating</p>
<p>26</p> <p>12:30 pm Public Skating</p>	<p>27</p> <p>10:00 am Gentle Yoga with Melinda</p> <p>10:00 am Pickleball 18+</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Beginner Pickleball 18+</p> <p>4:00 pm Stick and Puck (ages 6-12)</p> <p>5:15 pm Sportball: Parent and Child Multi-Sport</p> <p>6:00 pm Sportball: Jr. Multi-Sport</p> <p>7:45 pm Reclaiming Your Body Through Somatic Movement with Brad</p>	<p>28</p> <p>9:30 am Chair Yoga with Melinda</p> <p>10:00 am Ladies Shinny</p> <p>10:00 am Tai Chi</p> <p>1:00 pm Preschool Skate / Stick and Puck (ages 0-6)</p> <p>2:00 pm Adult Skating</p> <p>4:30 pm Youth Open Gym (ages 9-17)</p> <p>6:00 pm Pickleball 18+</p> <p>6:30 pm Hatha Yoga for Tight Hips with Melinda</p> <p>7:45 pm All Levels Flow Yoga with Melinda</p>	<p>29</p> <p>9:30 am Preschool Skate / Stick and Puck (ages 0-6)</p> <p>10:00 am Gentle Yoga with Melinda</p> <p>10:00 am Pickleball 18+</p> <p>10:00 am Walking Club</p> <p>10:30 am Men's Shinny</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Walking Club</p> <p>3:00 pm YMCA Swim Trips</p> <p>7:30 pm Man Stretch - Yoga for Men</p>	<p>30</p> <p>10:00 am Tai Chi</p> <p>1:00 pm Pickleball 18+</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p>	<p>31</p> <p>10:00 am Beginner Pickleball 18+</p> <p>10:00 am Free Older Adult Social 55+</p> <p>10:00 am Walking Club</p> <p>10:30 am Free Ukulele Jam Session 55+</p> <p>2:00 pm Pickleball 18+</p> <p>3:00 pm Walking Club</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>	

		8:00 pm Beginner Bounce Class with Stacey				
		8:00 pm Adult Open Gym (18+)				

<https://events.westlincoln.ca>