

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 am Family Open Gym 6:30 pm Pickleball 18+
2	3 10:00 am Pickleball 18+ 10:00 am Gentle Yoga with Melinda 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 Multi-Sport 6:00 pm Sportball: Jr. Multi-Sport 7:45 pm Reclaiming Your Body Through Somatic Movement with Brad	4 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) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm All Levels Flow Yoga with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Adult Open Gym (18+)	5 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga with Melinda 10:00 am Walking Club 10:00 am Pickleball 18+ 10:30 am Men's Shinny 1:00 pm Advanced Pickleball 18+ 3:00 pm Walking Club 3:00 pm YMCA Swim Trips 7:30 pm Man Stretch - Yoga for Men	6 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)	7 9:30 am Ladies Shinny 10:00 am Walking Club 10:00 am Free Older Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 3:00 pm Walking Club 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	8 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
9 12:30 pm Public Skating	10 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 Multi-Sport 6:00 pm Sportball: Jr. Multi-Sport 7:45 pm Reclaiming	11 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) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with	12 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga with Melinda 10:00 am Walking Club 10:00 am Pickleball 18+ 10:30 am Men's Shinny 1:00 pm Advanced Pickleball 18+ 3:00 pm Walking Club 7:30 pm Man	13 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	14 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+ 3:00 pm Walking Club 4:00 pm Stick and	15 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating

	Your Body Through Somatic Movement with Brad	Melinda 7:45 pm All Levels Flow Yoga with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Adult Open Gym (18+)	Stretch - Yoga for Men		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	
16 12:30 pm Public Skating	17 8:30 am Free Family Day Event	18 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) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm All Levels Flow Yoga with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Adult Open Gym (18+)	19 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga with Melinda 10:00 am Walking Club 10:00 am Pickleball 18+ 10:30 am Men's Shinny 1:00 pm Advanced Pickleball 18+ 3:00 pm Walking Club 3:00 pm YMCA Swim Trips 7:30 pm Man Stretch - Yoga for Men	20 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)	21 9:30 am Ladies Shinny 10:00 am Walking Club 10:00 am Free Older Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 2:00 pm Pickleball 18+ 3:00 pm Walking Club 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	22 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
23 12:30 pm Public Skating	24 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 Multi-Sport 6:00 pm Sportball: Jr. Multi-Sport 7:45 pm Reclaiming Your Body Through Somatic Movement with Brad	25 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) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm All Levels Flow Yoga with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Adult Open	26 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga with Melinda 10:00 am Walking Club 10:00 am Pickleball 18+ 10:30 am Men's Shinny 1:00 pm Advanced Pickleball 18+ 3:00 pm Walking Club 3:00 pm YMCA Swim Trips 7:30 pm Man Stretch - Yoga for Men	27 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)	28 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+ 3:00 pm Walking Club 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	

		Gym (18+)			
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<https://events.westlincoln.ca>