

# Week of May 17, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
		<p><u>Chair Yoga with Melinda</u> 9:30 am</p> <p><u>Tai Chi and Qigong</u> 9:50 am</p> <p><u>Youth Basketball (school ages)</u> 4:30 pm - 6:30 pm</p> <p><u>Hatha Yoga for Tight Hips with Kara</u> 6:00 pm</p> <p><u>All Levels Pickleball 18+</u> 6:30 pm - 8:30 pm</p> <p><u>Yoga for Golfers with Kara</u> 7:15 pm</p>	<p><u>All Levels Pickleball 18+</u> 10:00 am - 12:00 pm</p> <p><u>Gentle Yoga with Melinda</u> 10:00 am</p> <p><u>Advanced Pickleball 18+</u> 1:00 pm - 3:00 pm</p> <p><u>Beginner Pickleball 18+</u> 3:00 pm - 5:00 pm</p> <p><u>Man Stretch - Yoga for Men with Megan</u> 7:00 pm</p>	<p><u>Mom and Baby Fit with Jen</u> 9:30 am</p> <p><u>Tai Chi and Qigong</u> 9:50 am</p> <p><u>Sit and Strengthen with Kara</u> 10:00 am</p> <p><u>All Levels Pickleball 18+</u> 1:00 pm - 3:00 pm</p> <p><u>Youth Open Gym (ages 9-12)</u> 4:30 pm - 6:00 pm</p> <p><u>Youth Open Gym (ages 13-17)</u> 6:00 pm - 7:30 pm</p> <p><u>Evening Gentle Hatha Yoga with Kara</u> 6:00 pm</p> <p><u>Strengthen and Stretch - Yogalates with Kara</u> 7:15 pm</p>	<p><u>Gentle Yoga with Melinda</u> 9:15 am</p> <p><u>Beginner Pickleball 18+</u> 10:00 am - 12:00 pm</p> <p><u>Older Adult Social 55+ (free)</u> 10:00 am - 12:00 pm</p> <p><u>Ukulele Jam Session 55+ (free)</u> 10:30 am - 12:00 pm</p> <p><u>Advanced Pickleball 18+</u> 2:00 pm - 4:00 pm</p> <p><u>Youth Floor Hockey, Soccer and Dodgeball</u> 4:30 pm - 6:30 pm</p> <p><u>Adult Volleyball (18+)</u> 7:00 pm - 9:00 pm</p>	<p><u>All Levels Pickleball 18+</u> 9:00 am - 11:00 am</p> <p><u>Family Open Gym</u> 11:00 am - 12:30 pm</p>

**End Date:** 05/23/2026  
**Start Date:** 05/17/2026

<https://events.westlincoln.ca>