June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday 2 10:00 am Pickleball 18+ 10:00 am Gentle Yoga with Melinda 11:30 am Pride Flag Raising 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	Tuesday 3 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Youth Open	4 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with Megan 7:45 pm Man Stretch - Yoga for Men with Megan	Thursday 5 9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	Friday 6 10:00 am Beginner Pickleball 18+ 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 1:00 pm Free Seniors' Seminar 2:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	7 11:00 am Family Open Gym 3:00 pm Pickleball 18+
8	9 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 11:00 am Flag Raising - Seniors Month 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	Gym (ages 13-17) 10 9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Youth Open Gym (ages 13-17)	11 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with Megan 7:45 pm Man Stretch - Yoga for Men with Megan	9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	13 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+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	14 8:00 am Smithville - West Lincoln Town-wide Garage Sale 11:00 am Family Open Gym 3:00 pm Pickleball 18+
15	16 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+	9:30 am Chair Yoga with Melinda 9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+	18 10:00 am Gentle Yoga with Melinda 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 6:30 pm Beginner Hatha Yoga with	9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12)	20 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	21 11:00 am Family Open Gym 3:00 pm Pickleball 18+

		6:30 pm Hatha Yoga for Tight Hips with Melinda 7:45 pm Full Body Slow Flow with Melinda 8:00 pm Beginner Bounce Class with Stacey 8:00 pm Youth Open Gym (ages 13-17)	Megan 7:45 pm Man Stretch - Yoga for Men with Megan	6:00 pm Youth Open Gym (ages 13-17) 6:30 pm Evening Gentle Hatha Yoga with Kara	18+ 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	10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 5:15 pm Sportball - Parent and Child Multi-Sport 6:00 pm Sportball - Multi-Sport Drop- Off	9:50 am Tai Chi and Qigong 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Pickleball 18+ 8:00 pm Youth Open Gym (ages 13-17)	25 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+	9:50 am Tai Chi and Qigong 1:00 pm Pickleball 18+ 3:00 pm Family Open Gym 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	27 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+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17) 7:30 pm Family Open Gym	28
29	30					

https://events.westlincoln.ca