

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:00 pm Canada Day in West Lincoln	2	3 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	4	5 11:00 am Family Open Gym 3:00 pm Pickleball 18+
6	7 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	8 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	9 7:00 pm Man Stretch - Yoga for Men with Megan	10 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	11 9:00 pm Movies in the Park featuring Luca	12 11:00 am Family Open Gym 3:00 pm Pickleball 18+
13	14 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	15 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	16 9:00 am Gentle Yoga with Melinda 4:30 pm Music, Market and Park It featuring Fiddlestix 7:00 pm Man Stretch - Yoga for Men with Megan	17 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	18	19 11:00 am Family Open Gym 3:00 pm Pickleball 18+
20	21 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	22 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with	23 9:00 am Gentle Yoga with Melinda 4:30 pm Music, Market and Park It featuring Otis Wonder and the Hustle 7:00 pm Man Stretch - Yoga for Men with Megan	24 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	25 9:00 pm Movies in the Park featuring The Wild Robot	26 11:00 am Family Open Gym 3:00 pm Pickleball 18+

		Kara 7:45 pm Full Body Slow Flow with Kara				
27	28 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	29 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	30 9:00 am Gentle Yoga with Melinda 4:30 pm Music, Market and Park It featuring Luke Allan 7:00 pm Man Stretch - Yoga for Men with Megan	31 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)		

<https://events.westlincoln.ca>