

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am Chair Yoga 10:00 am Ladies Shinny 11:00 am Story Skate 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+ 7:30 pm All Levels Flow Yoga 8:00 pm Beginner Bounce Class 8:00 pm Volleyball 18+ (max 30)	2 9:00 am Level 1 Intro to Pickleball 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 6:30 pm Awaken the Warrior with Vinyasa 7:45 pm Man Stretch - Yoga for Men	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 9:30 am Ladies Shinny 10:00 am Beginner 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	5 7:00 pm Public Skating
6 12:30 pm Public Skating	7 10:00 am Gentle Yoga 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12) 5:15 pm Parent & Child Multi-Sport Indoor Class (16 mos. - 3 yrs.) 6:00 pm Jr. Multi-Sport Indoor Class (4-6 yrs) 6:30 pm Nervous System Reset - Movement & Education Class 7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs) 7:45 pm Gentle Somatic & Movement Yoga	8 9:30 am Chair Yoga 10:00 am Ladies Shinny 11:00 am Story Skate 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+ 7:30 pm All Levels Flow Yoga 8:00 pm Beginner Bounce Class 8:00 pm Volleyball 18+ (max 30)	9 9:00 am Level 1 Intro to Pickleball 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 6:30 pm Awaken the Warrior with Vinyasa 7:45 pm Man Stretch - Yoga for Men	10 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)	11 9:30 am Ladies Shinny 10:00 am Free Older Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 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	12 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating 8:30 pm Dodgeball 18+ (max 30)
13 12:30 pm Public Skating	14	15 9:30 am Chair Yoga 10:00 am Ladies Shinny	16 9:00 am Level 1 Intro to Pickleball 9:30 am Preschool	17 10:00 am Tai Chi 1:00 pm Pickleball 18+	18 9:30 am Ladies Shinny 10:00 am Free Older	19 11:00 am Family Open Gym

		10:00 am Tai Chi 11:00 am Story Skate 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 Public Meeting - Backyard Chickens 7:30 pm All Levels Flow Yoga 8:00 pm Beginner Bounce Class 8:00 pm Volleyball 18+ (max 30)	Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 6:30 pm Awaken the Warrior with Vinyasa 7:45 pm Man Stretch - Yoga for Men	4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	Adult Social 55+ 10:00 am Beginner Pickleball 18+ 10:30 am Free Ukulele Jam Session 55+ 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	11:00 am Fire Station 1 Open House 6:30 pm Pickleball 18+ 7:00 pm Public Skating 8:30 pm Dodgeball 18+ (max 30)
20 12:30 pm Public Skating	21 10:00 am Gentle Yoga 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 Parent & Child Multi-Sport Indoor Class (16 mos. - 3 yrs.) 6:00 pm Jr. Multi-Sport Indoor Class (4-6 yrs) 6:30 pm Nervous System Reset - Movement & Education Class 7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs) 7:45 pm Gentle Somatic & Movement Yoga	22 9:30 am Chair Yoga 10:00 am Ladies Shinny 10:00 am Tai Chi 11:00 am Story Skate 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+ 7:00 pm Community Recognition Awards Ceremony 7:30 pm All Levels Flow Yoga 8:00 pm Beginner Bounce Class 8:00 pm Volleyball 18+ (max 30)	23 9:00 am Level 1 Intro to Pickleball 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 6:30 pm Awaken the Warrior with Vinyasa 7:45 pm Man Stretch - Yoga for Men	24 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)	25 9:30 am Ladies Shinny 10:00 am Free Older Adult Social 55+ 10:30 am Free Ukulele Jam Session 55+ 4:00 pm Stick and Puck (ages 13-17) 6:00 pm West Lincoln Ward 3 By-election: Advance poll #1	26 10:00 am West Lincoln Ward 3 By-election: Advance Poll #2 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating 8:30 pm Dodgeball 18+ (max 30)
27 12:30 pm Public Skating	28 10:00 am Gentle Yoga 10:00 am Pickleball 18+ 1:00 pm Advanced Pickleball 18+ 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and	29 9:30 am Chair Yoga 10:00 am Ladies Shinny 10:00 am Tai Chi 11:00 am Story Skate 1:00 pm Preschool Skate / Stick and Puck (ages 0-6)	30 9:30 am Preschool Skate / Stick and Puck (ages 0-6) 10:00 am Gentle Yoga 10:00 am Pickleball 18+ 10:30 am Men's Shinny	31 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)		

	<p>Puck (ages 6-12)</p> <p>5:15 pm Parent &amp; Child Multi-Sport Indoor Class (16 mos. - 3 yrs.)</p> <p>6:00 pm Jr. Multi-Sport Indoor Class (4-6 yrs)</p> <p>6:30 pm Nervous System Reset - Movement &amp; Education Class</p> <p>7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs)</p> <p>7:45 pm Gentle Somatic &amp; Movement Yoga</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>7:30 pm All Levels Flow Yoga</p> <p>8:00 pm Beginner Bounce Class</p> <p>8:00 pm Volleyball 18+ (max 30)</p>	<p>1:00 pm Pickleball 18+</p> <p>6:30 pm Awaken the Warrior with Vinyasa</p> <p>7:45 pm Man Stretch - Yoga for Men</p>			
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<https://events.westlincoln.ca>