

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 6:00 pm Public Consultation on Draft Parks and Recreation Master Plan 7:00 pm Man Stretch - Yoga for Men	2 9:30 am Mom and Baby Fit 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen 1:00 pm Pickleball 18+ 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 7:45 pm Strengthen and Stretch - Yogalates	3 9:30 am Ladies' Shinny 10:00 am Beginner Pickleball 18+ 1:00 pm Canadian Blood Services - Blood Donation Clinic 4:00 pm Stick and Puck (ages 13-17)	4 10:00 am Artists' Marketplace 6:30 pm Pickleball 18+ 7:00 pm Public Skating
5 12:30 pm Public Skating	6 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 12:00 pm Low Sensory Public Skating 1:00 pm Advanced Pickleball 18+ 2:00 pm Adult Skate 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12) 5:15 pm Parent and Child Multi-Sport Indoor (16 mos - 3 yrs) 6:00 pm Junior Multi-Sport Indoor (4 - 6 yrs) 6:30 pm Virtual Consultation - Draft Parks and Recreation Master	7 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 9:30 am Chair Yoga 9:50 am Tai Chi and Qigong 10:00 am Ladies' Shinny 1:00 pm Preschool Skate/Stick and Puck (ages 0-6) 2:00 pm Adult Skate 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips 8:00 pm Beginner Bounce Class	8 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men	9 9:30 am Mom and Baby Fit 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen 1:00 pm Pickleball 18+ 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 7:45 pm Strengthen and Stretch - Yogalates	10 9:15 am Gentle Yoga 9:30 am Ladies' Shinny 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 3:00 pm Public Skating 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Family Open Gym 6:00 pm Youth Open Gym (ages 9-12) 7:30 pm Youth Open Gym (ages 13-17)	11 9:00 am Pickleball 18+ 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating

	Plan 7:00 pm Multi-Sport Drop-off Indoor (7 - 9 yrs)					
12 12:30 pm Public Skating	13	14 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 9:30 am Chair Yoga 9:50 am Tai Chi and Qigong 10:00 am Ladies' Shinny 1:00 pm Preschool Skate/Stick and Puck (ages 0-6) 2:00 pm Adult Skate 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips 8:00 pm Beginner Bounce Class	15 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men	16 9:30 am Mom and Baby Fit 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen 1:00 pm Pickleball 18+ 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 7:45 pm Strengthen and Stretch - Yogalates	17 9:15 am Gentle Yoga 9:30 am Ladies' Shinny 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Family Open Gym 6:00 pm Youth Open Gym (ages 9-12) 7:30 pm Youth Open Gym (ages 13-17)	18 9:00 am Pickleball 18+ 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
19 12:30 pm Public Skating	20 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 12:00 pm Low Sensory Public Skating 1:00 pm Advanced Pickleball 18+ 2:00 pm Adult Skate 3:00 pm Beginner Pickleball 18+ 4:00 pm Stick and Puck (ages 6-12) 5:15 pm Parent and Child Multi-Sport Indoor (16 mos - 3 yrs) 6:00 pm Junior Multi-Sport Indoor (4 - 6 yrs) 7:00 pm Multi-Sport Drop-off Indoor (7 - 9 yrs)	21 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 9:30 am Chair Yoga 9:50 am Tai Chi and Qigong 10:00 am Ladies' Shinny 1:00 pm Preschool Skate/Stick and Puck (ages 0-6) 2:00 pm Adult Skate 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 8:00 pm Beginner Bounce Class	22 9:00 am Preschool Skate/Stick and Puck (ages 0-6) 10:00 am Pickleball 18+ 10:00 am Gentle Yoga 10:30 am Men's Shinny 1:00 pm Pickleball 18+ 7:00 pm Man Stretch - Yoga for Men	23 9:30 am Mom and Baby Fit 9:50 am Tai Chi and Qigong 10:00 am Sit and Strengthen 1:00 pm Pickleball 18+ 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 7:45 pm Strengthen and Stretch - Yogalates	24 9:15 am Gentle Yoga 9:30 am Ladies' Shinny 10:00 am Beginner Pickleball 18+ 10:00 am Older Adult Social 55+ (free) 10:30 am Ukulele Jam Session 55+ (free) 2:00 pm Advanced Pickleball 18+ 4:00 pm Stick and Puck (ages 13-17) 4:30 pm Family Open Gym 6:00 pm Youth Open Gym (ages 9-12) 7:30 pm Youth Open Gym (ages 13-17)	25 9:00 am Pickleball 18+ 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating
26 12:30 pm Public	27 9:00 am Preschool	28 9:00 am Preschool	29 9:00 am Preschool	30 9:30 am Mom and	31 9:15 am Gentle Yoga	

Skating	Skate/Stick and Puck (ages 0-6)	Skate/Stick and Puck (ages 0-6)	Skate/Stick and Puck (ages 0-6)	Baby Fit	9:30 am Ladies' Shinny	
	10:00 am Pickleball 18+	9:30 am Chair Yoga	10:00 am Pickleball 18+	9:50 am Tai Chi and Qigong	10:00 am Beginner Pickleball 18+	
	10:00 am Gentle Yoga	9:50 am Tai Chi and Qigong	10:00 am Gentle Yoga	10:00 am Sit and Strengthen	10:00 am Older Adult Social 55+ (free)	
	10:30 am Men's Shinny	10:00 am Ladies' Shinny	10:30 am Men's Shinny	1:00 pm Pickleball 18+	10:30 am Ukulele Jam Session 55+ (free)	
	12:00 pm Low Sensory Public Skating	1:00 pm Preschool Skate/Stick and Puck (ages 0-6)	1:00 pm Pickleball 18+	4:30 pm Youth Open Gym (ages 9-12)	2:00 pm Advanced Pickleball 18+	
	1:00 pm Advanced Pickleball 18+	2:00 pm Adult Skate	7:00 pm Man Stretch - Yoga for Men	6:00 pm Youth Open Gym (ages 13-17)	4:00 pm Stick and Puck (ages 13-17)	
	2:00 pm Adult Skate	4:30 pm Youth Open Gym (ages 9-17)		6:30 pm Evening Gentle Hatha Yoga	4:30 pm Family Open Gym	
	3:00 pm Beginner Pickleball 18+	6:00 pm Pickleball 18+		7:45 pm Strengthen and Stretch - Yogalates	6:00 pm Youth Open Gym (ages 9-12)	
	4:00 pm Stick and Puck (ages 6-12)	6:30 pm Hatha Yoga for Tight Hips			7:30 pm Youth Open Gym (ages 13-17)	
	5:15 pm Parent and Child Multi-Sport Indoor (16 mos - 3 yrs)	8:00 pm Beginner Bounce Class				
	6:00 pm Junior Multi-Sport Indoor (4 - 6 yrs)					
	7:00 pm Multi-Sport Drop-off Indoor (7 - 9 yrs)					

<https://events.westlincoln.ca>