

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 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	2 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating 8:30 pm Dodgeball 18+ (max 30)
3 12:30 pm Public Skating	4 10:00 am West Lincoln Ward 3 By-election Day 10:00 am Gentle Yoga 6:30 pm Nervous System Reset - Movement & Education Class 7:45 pm Gentle Somatic & Movement Yoga	5 9:30 am Chair Yoga 10:00 am Tai Chi 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)	6 9:30 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+ 6:30 pm Awaken the Warrior with Vinyasa 7:45 pm Man Stretch - Yoga for Men	7 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)	8 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	9 11:00 am Family Open Gym 6:30 pm Pickleball 18+ 7:00 pm Public Skating 8:30 pm Dodgeball 18+ (max 30)
10 12:30 pm Public	11 10:00 am Gentle	12 9:30 am Chair Yoga	13 9:30 am Preschool	14 10:00 am Tai Chi	15 9:30 am Ladies	16 11:00 am

<p>Skating</p>	<p>Yoga</p> <p>10:00 am Pickleball 18+</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Beginner Pickleball 18+</p> <p>4:00 pm Stick and Puck (ages 6-12)</p> <p>5:15 pm Parent & 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 & Education Class</p> <p>7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs)</p> <p>7:45 pm Gentle Somatic & Movement Yoga</p>	<p>10:00 am Tai Chi</p> <p>10:00 am Ladies Shinny</p> <p>11:00 am Story Skate</p> <p>1:00 pm Preschool Skate / Stick and Puck (ages 0-6)</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>Skate / Stick and Puck (ages 0-6)</p> <p>10:00 am Pickleball 18+</p> <p>10:00 am Gentle Yoga</p> <p>10:30 am Men's Shinny</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>	<p>1:00 pm Pickleball 18+</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p>	<p>Shinny</p> <p>10:00 am Free Older Adult Social 55+</p> <p>10:00 am Beginner Pickleball 18+</p> <p>10:30 am Free Ukulele Jam Session 55+</p> <p>4:00 pm Stick and Puck (ages 13-17)</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>	<p>Family Open Gym</p> <p>6:30 pm Pickleball 18+</p> <p>7:00 pm Public Skating</p> <p>8:30 pm Dodgeball 18+ (max 30)</p>
<p>17</p> <p>12:30 pm Public Skating</p>	<p>18</p> <p>10:00 am Gentle Yoga</p> <p>10:00 am Pickleball 18+</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Beginner Pickleball 18+</p> <p>4:00 pm Stick and Puck (ages 6-12)</p> <p>5:15 pm Parent & 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 & Education Class</p> <p>7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs)</p> <p>7:45 pm Gentle Somatic & Movement Yoga</p>	<p>19</p> <p>9:30 am Chair Yoga</p> <p>10:00 am Tai Chi</p> <p>10:00 am Ladies Shinny</p> <p>11:00 am Story Skate</p> <p>1:00 pm Preschool Skate / Stick and Puck (ages 0-6)</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>20</p> <p>9:30 am Preschool Skate / Stick and Puck (ages 0-6)</p> <p>10:00 am Pickleball 18+</p> <p>10:00 am Gentle Yoga</p> <p>10:30 am Men's Shinny</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>	<p>21</p> <p>10:00 am Tai Chi</p> <p>1:00 pm Pickleball 18+</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p>	<p>22</p> <p>9:30 am Ladies Shinny</p> <p>10:00 am Free Older Adult Social 55+</p> <p>10:00 am Beginner Pickleball 18+</p> <p>10:30 am Free Ukulele Jam Session 55+</p> <p>4:00 pm Stick and Puck (ages 13-17)</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>	<p>23</p> <p>11:00 am Family Open Gym</p> <p>6:30 pm Pickleball 18+</p> <p>7:00 pm Public Skating</p> <p>8:30 pm Dodgeball 18+ (max 30)</p>
<p>24</p> <p>12:30 pm Public Skating</p>	<p>25</p> <p>10:00 am Gentle Yoga</p> <p>10:00 am Pickleball 18+</p> <p>1:00 pm Advanced Pickleball 18+</p> <p>3:00 pm Beginner</p>	<p>26</p> <p>10:00 am Ladies Shinny</p> <p>11:00 am Story Skate</p> <p>1:00 pm Preschool Skate / Stick and Puck (ages 0-6)</p>	<p>27</p> <p>9:30 am Preschool Skate / Stick and Puck (ages 0-6)</p> <p>10:00 am Pickleball 18+</p> <p>10:30 am Men's Shinny</p>	<p>28</p> <p>1:00 pm Pickleball 18+</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p>	<p>29</p> <p>9:30 am Ladies Shinny</p> <p>10:00 am Free Older Adult Social 55+</p> <p>10:00 am Beginner Pickleball 18+</p> <p>10:30 am Free</p>	

	<p>Pickleball 18+</p> <p>4:00 pm Stick and Puck (ages 6-12)</p> <p>5:15 pm Parent & 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 & Education Class</p> <p>7:00 pm Multi-Sport Drop-Off Indoor Class (7-10 yrs)</p> <p>7:45 pm Gentle Somatic & 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>8:00 pm Volleyball 18+ (max 30)</p>	<p>1:00 pm Pickleball 18+</p>	<p>Ukulele Jam Session 55+</p> <p>4:00 pm Stick and Puck (ages 13-17)</p> <p>4:30 pm Youth Open Gym (ages 9-12)</p> <p>6:00 pm Youth Open Gym (ages 13-17)</p> <p>7:30 pm Family Open Gym</p>
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<https://events.westlincoln.ca>