

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Pickleball 18+ 10:00 Gentle Yoga 1:00 Pickleball 18+ 7:30 Man Stretch - Yoga for Men	2 10:00 Tai Chi 12:15 Chair Strength and Stretch 1:00 Pickleball 18+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17)	3 10:00 Free Older Adult Social 55+ 10:00 Beginner Pickleball 18+ 10:30 Free Ukulele Jam Session 55+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17) 7:30 Family Open Gym	4 11:00 Family Open Gym 3:00 Pickleball 18+
5	6 10:00 Pickleball 18+ 10:00 Gentle Yoga 1:00 Advanced Pickleball 18+ 5:15 Sportball: Parent and Child Multi-Sport Indoor (16 mos - 3 yrs) 6:00 Sportball: Junior Multi-Sport Indoor (4 yrs - 6 yrs) 7:00 Sportball: Multi-Sport Drop-Off Indoor (7 yrs - 10 yrs)	7 10:00 Tai Chi 12:15 Chair Yoga 4:30 Family Open Gym 6:00 Pickleball 18+ 6:30 Hatha Flow Yoga 7:45 Flow Down Yoga 8:00 Volleyball 18+	8 10:00 Pickleball 18+ 10:00 Gentle Yoga 1:00 Pickleball 18+ 7:30 Man Stretch - Yoga for Men	9 10:00 Tai Chi 12:15 Chair Strength and Stretch 1:00 Pickleball 18+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17)	10 10:00 Free Older Adult Social 55+ 10:00 Beginner Pickleball 18+ 10:30 Free Ukulele Jam Session 55+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17) 7:30 Family Open Gym	11 11:00 Family Open Gym 3:00 Pickleball 18+
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19	20	21 10:00 Tai Chi	22 10:00 Pickleball 18+	23 10:00 Tai Chi	24 10:00 Free Older	25 11:00 Family

		12:15 Chair Yoga 4:30 Family Open Gym 6:00 Pickleball 18+ 6:30 Hatha Flow Yoga 7:45 Flow Down Yoga 8:00 Volleyball 18+	10:00 Gentle Yoga 1:00 Pickleball 18+ 7:30 Man Stretch - Yoga for Men	12:15 Chair Strength and Stretch 1:00 Pickleball 18+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17)	Adult Social 55+ 10:00 Beginner Pickleball 18+ 10:30 Free Ukulele Jam Session 55+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17) 7:30 Family Open Gym	Open Gym 3:00 Pickleball 18+
26	27 10:00 Pickleball 18+ 10:00 Gentle Yoga 1:00 Advanced Pickleball 18+ 5:15 Sportball: Parent and Child Multi-Sport Indoor (16 mos - 3 yrs) 6:00 Sportball: Junior Multi-Sport Indoor (4 yrs - 6 yrs) 7:00 Sportball: Multi-Sport Drop-Off Indoor (7 yrs - 10 yrs)	28 10:00 Tai Chi 12:15 Chair Yoga 4:30 Family Open Gym 6:00 Pickleball 18+ 6:30 Hatha Flow Yoga 7:45 Flow Down Yoga 8:00 Volleyball 18+	29 10:00 Pickleball 18+ 10:00 Gentle Yoga 1:00 Pickleball 18+ 7:30 Man Stretch - Yoga for Men	30 10:00 Tai Chi 12:15 Chair Strength and Stretch 1:00 Pickleball 18+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17)	31 10:00 Free Older Adult Social 55+ 10:00 Beginner Pickleball 18+ 10:30 Free Ukulele Jam Session 55+ 4:30 Youth Open Gym (ages 9-12) 6:00 Youth Open Gym (ages 13-17) 7:30 Family Open Gym	

<https://events.westlincoln.ca>