

Racquet Sports

Pickleball Drop-in

Pickleball is a smash! Its great exercise and a fantastic way to meet new friends. Contact the front desk about playing levels. No sessions Feb 7, 9, 18 & 28. During Spring Break (March 18-29) Pickleball is only in Gym B.

Jan 2 – Mar 29

2.5 Players and Lower:

18 years & up

Mondays Gym A

3:00 – 5:00 pm

Tuesdays & Thursdays

11:30 am – 1:00 pm Gym

3.0 Players Play:

18 years & up

Mondays, Wednesdays & Fridays

1:00 – 3:00 pm Gym

3.75 Players and Lower:

18 years & up

Tuesdays & Thursdays

1:15 pm – 3:00 pm Gym

All Levels:

14 years & up

Mondays Gym B

7:30 – 9:30 pm

Tuesdays & Thursdays Gym B

7:30 – 9:30 pm

Saturdays Gym

1:00 - 3:00 pm

\$3.25 Drop-in or

\$29.95 10 Visit pass or

\$249 + gst

Annual Indoor Pickleball Pass

Pickleball Lessons - Beginners & Intermediate

16 years & up

Learn to excel at the game of Pickleball! Lessons will build around skill development, court awareness and playing your best match yet.

Instructor: Joseph McNeil

Tuesdays

5:30 - 6:30 pm

Gym A

\$9 + gst (per session)

Servicing, Receiving Drills & Strategies

Jan 15

#6602

Basic Net Play, Drills & Strategies

Jan 22

#6603

Advance Net Play, Drills & Strategies

Jan 29

#6604

3rd Shot & Mid Court Play

Feb 5

#6605

Lobs & Partnership Drills

Feb 12

#6606

Serve, Removing Pace, Ready Position

Feb 19

#6607

Adult Squash Lessons - Beginner

16 years & up

Play squash for fun, health and fitness. Learn basic skills and rules to get you started. All equipment provided.

Instructor: Sue Tompkins

Saturdays

10:00 am - 11:00 am

Courts

Feb 23 - Mar 23

#6706

\$49 + gst

Adult Squash Lessons - Intermediate