Winter Drop-in Schedule

Schedule valid from Jan. 8 until March 31, 2024

Georgina Gym, 90 Wexford Dr., Keswick 905-476-4423 ext. 2

Monday

Free

Walking program (18yrs+) GIP hall 7:15 a.m. - 10 a.m.

Badminton (20yrs+)

Gymnasium 8:30 a.m. - 10:30 a.m. \$2/adult | \$1/older adult

Tai chi (18yrs+) GIP hall 10 a.m. - 11 a.m. Free

Playgroup (0-5yrs) Gvmnasium 10:45 a.m. - 11:45 a.m. \$1/child

Pickleball intermediate

(16yrs+) Gymnasium Noon - 1:15 p.m. \$1/adult | \$.50/older adult

Wellness workout (15yrs+)

Gvmnasium 1:30 p.m. - 2:30 p.m. \$11

Youth basketball (9-15 yrs)

Gymnasium 3:30 p.m. - 4:30 p.m. Free

Core fusion flow (15 yrs+)

Gymnasium 5:15 p.m. - 6 p.m. \$11

Basketball (16 yrs+) Gymnasium 8:30 p.m. - 10:30 p.m. \$2/adult | \$1/older adult

Tuesday

Walking program (18yrs+) GIP hall 7:15 a.m. - 10 a.m. Free

Pickleball open play (20yrs+)

Gymnasium 8:30 a.m. - 10:30 a.m. \$2/adult | \$1/older adult

Tai chi (18yrs+) GIP hall 10 a.m. - 11 a.m. Free

Playgroup (0-5yrs) Gvmnasium

10:45 a.m. - 11:45 a.m. \$1/child

Pickleball open play (20yrs+)

Gymnasium Noon - 2 p.m. \$2/adult | \$1/older adult Pickleball beginner (16yrs+)

Gymnasium 2:15 p.m. - 3:15 p.m. \$1/per person

Youth basketball (9-15yrs)

Gymnasium 3:30 p.m. - 4:45 p.m. Free

TRX - strength training (15yrs+)

7:15 p.m. - 8:15 p.m. \$11

Wednesday

Walking program (18yrs+) GIP hall 7:15 a.m. - 10 a.m. Free

Badminton (20yrs+) Gvmnasium 8:30 a.m. - 10:30 a.m. \$2/adult | \$1/older adult

Tai chi (18yrs+) GIP hall 10 a.m. - 11 p.m. Free

\$1/child

Playgroup (0-5yrs) Gymnasium 10:45 a.m. - 11:45 a.m.

Pickleball intermediate

(20yrs+) Gymnasium Noon - 2 p.m. \$2/adult | \$1/older adult

Pickleball beginner (16yrs+) Gymnasium

2:15 p.m. - 3:15 p.m. \$1/per person

Youth basketball (9-15yrs)

Gymnasium 3:30 p.m. - 4:30 p.m. Free

Georgina Run Club (15yrs+)

Gymnasium 5:30 p.m. - 6:30 p.m.

Zumba (15yrs+) GIP hall 6:30 p.m. - 7:30 p.m.

Thursday

Walking program (18yrs+) GIP hall 7:15 a.m. - 10 a.m. Free

Pickleball open play (20yrs+) Gymnasium

8:30 a.m. - 10:30 a.m. \$2/adult | \$1/older adult Tai chi (18yrs+) GIP hall

10 a.m. - 11 a.m.

Free

Playgroup (0-5yrs)

Gymnasium 10:45 a.m. - 11:45 a.m. \$1/child

Adaptics (4-14 yrs) Gymnasium

12:15 p.m. - 1:15 p.m.

Functional fitness (55yrs+)

Gymnasium 1:30 p.m. - 2:30 p.m.

Youth basketball (9-15yrs)

Gymnasium 3:30 p.m. - 4:30 p.m. Free

Inclusion: sports of all sorts

(10-16yrs) Gymnasium 4:30 p.m. - 5:30 p.m. Free

Dodgeball (9-11yrs)

Gymnasium 5:30 p.m. - 6:15 p.m. Free

HIIT bootcamp (15yrs+)

GIP hall 6:30 p.m. - 7:30 p.m.

Soccer/ball hockey/volley**ball** (16yrs+)

Gymnasium 9 p.m. - 10:30 p.m. \$1.50/adult | \$1.25/older adult

Friday

Walking program (18yrs+) GIP hall

7:15 a.m. - 10 a.m.

Badminton (20yrs+)

Gymnasium 8:30 a.m. - 10:30 a.m. \$2/adult | \$1/older adult

Tai chi (18yrs+) GIP hall 10 a.m. - 11 a.m. Free

Playgroup (0-5yrs) Gymnasium 10:45 a.m. - 11:45 a.m. \$1/child

Pickleball intermediate

(16yrs+) Gymnasium Noon - 2 p.m. \$2/adult | \$1/older adult Pickleball beginner

(16yrs+) Gymnasium 2:15 p.m. - 3:15 p.m. \$1/per person

Youth basketball (9-15yrs)

Gymnasium 3:30 p.m. - 4:30 p.m. Free

Badminton (16yrs+) Gymnasium 7 p.m. - 8:30 p.m. \$1.50/adult | \$1.25/older adult

Basketball (16 yrs+) Gymnasium 8:30 p.m. - 10:30 p.m.

\$2/adult | \$1/older adult

Saturday

Zumba toning (15yrs+) GIP hall 8:30 a.m. - 9:30 a.m. \$11

Balance ball fitness (15yrs+)

Gymnasium 9 a.m. - 10 a.m. \$11

Ball hockey (6-9yrs)

Gymnasium 1:30 p.m. - 2:30 p.m Free

Youth basketball (9-15yrs) Gymnasium

2:30 p.m. - 4:30 p.m.

Pickleball open play (16yrs+)

Gymnasium 5 p.m. - 7 p.m. \$2/adult | \$1/older adult

Sunday

Pickleball intermediate

(20yrs+) Gymnasium 8 a.m. - 10 a.m. \$2/adult | \$1/older adult

Youth basketball (9-15yrs)

Gymnasium 4 p.m. - 6 p.m. Free

Basketball (16yrs+) Gymnasium 6 p.m. - 8 p.m \$2/adult | \$1/older adult

Register online



