

# TRY IT!

## Drop-in Schedule

Effective September 7, 2021

Each season we offer new opportunities for you to enjoy at a "Try It!" rate.  
Programs listed below are \$2.00 per Drop-in booking.

| FITNESS CENTRES (open to participants 15+ years)               |                              |                    |   |              |
|--|------------------------------|--------------------|---|--------------|
| Upstairs & Downstairs  | Wednesday                    | 9:30 - 11:30 am    | Canada Games Pool<br>Effective September 22 | 604.526.4281 |
|  | Friday                       | 6:30 - 8:30 pm     |   |              |
|  | Sunday                       | 11:30 am - 1:30 pm |   |              |
| GROUP FITNESS CLASSES (open to participants 14+ years)         |                              |                    |   |              |
| Strength & Stretch   | Sunday                       | 9:15 - 10:15 am    | Queensborough Community Centre              | 604.525.7388 |
| Yoga   | Friday                       | 5:30 - 6:30 pm     | Centennial Community Centre                 | 604.777.5100 |
| GYMNASIUM SPORTS (Open to 18+ years unless noted otherwise)    |                              |                    |   |              |
| Badminton  | Tuesday                      | 6:45 - 8:15 pm     | Queensborough Community Centre              | 604.525.7388 |
| Basketball (50+)   | Monday                       | 12:30 - 2:00 pm    |   |              |
| GYMNASTICS & TRAMPOLINE (13+ years)                            |                              |                    |   |              |
| Youth & Adult<br>Gymnastics &<br>Trampoline                    | Wednesday<br>Starts Sept. 15 | 8:00 - 9:30 pm     | Queen's Park Sportsplex                     | 604.777.5121 |
| SWIMMING   |                              |                    |   |              |
| Tot Pool, Middle Lanes,<br>Shallow Leisure,<br>Hot Tub & Sauna | Wednesday                    | 9:30 - 11:30 am    | Canada Games Pool<br>Effective September 22 | 604.526.4281 |
|  | Friday                       | 6:30 - 8:30 pm     |   |              |
|  | Sunday                       | 11:30 am - 1:30 pm |   |              |
| Deep End Leisure Swim  | Friday                       | 6:45 - 7:45 pm     |   |              |
|  | Sunday                       | 11:30 am - 1:30 pm |   |              |
| AQUAFIT  |                              |                    |   |              |
| Aquafit  | Wednesday                    | 10:00 - 10:45 pm   | Canada Games Pool<br>Effective September 22 | 604.526.4281 |
|  | Friday                       | 7:45 - 8:30 pm     |   |              |
| Program offerings and schedules are subject to change.         |                              |                    |   |              |

### What to know before you go:

Stay up-to-date with participation requirements:  
[newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know)

### Halloween Happenings

We've planned a week of spooky fun! Watch for the Halloween brochure at:  
[newwestcity.ca/brochures](http://newwestcity.ca/brochures)