



# Town of Golden Recreation Schedule Spring 2023

*\*Calendar in effect May 1 – May 31, 2023. Programs are subject to change – check Amilia website for latest updates.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9-10am <b>Parent &amp; Tot Fitness</b>				
	10:30-11:30am <b>Silver Sneakers Fitness</b>	10:30-12pm <b>Parent &amp; Tot in the Park</b> <i>*FREE see Early Years Calendar</i>	10:30-11:30am <b>Silver Sneakers Fitness</b>			
3:30-4:30pm <b>Kids Multi Sports Youth Open Gym</b>	3:30-4:30pm <b>Kids Multi Sports Youth Open Gym</b>	3:30-4:30pm <b>Kids Multi Sports Youth Open Gym</b>	3:30-4:30pm <b>Kids Multi Sports Youth Open Gym</b>	3:30-4:30pm <b>Kids Multi Sports Youth Open Gym</b>		
			4:30-6:30pm <b>Open Gym</b>	5-6:30pm <b>Pickleball/ Badminton</b>		
	7:30-9pm <b>Volleyball</b>	7-8:30pm <b>Badminton/ Pickleball</b>	7:30-9pm <b>Basketball</b>			6:30-8pm <b>Volleyball</b>

Seniors Centre

Mount 7 Rec Plex

**Pre-registration is recommended! Register online at [golden.ca/recprograms](https://golden.ca/recprograms)**