



Town of Golden Recreation Schedule

Fall 2023

**Calendar in effect Sept 5 - Dec 23, 2023. Programs are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15am-10:00am Parent & Tot Skate	9:15am-10:15am Parent & Tot Fitness		9:15-10:00am Parent & Tot Skate		10:30am-12pm Parent & Tot with Run Bikes
10:30am-12pm Winter Walking		10:30-12pm Parent & Tot Play	10:30-12pm Pickleball	10:30am-12pm Winter Walking	11:15-12:15pm Group Fitness Ski Fit <i>*Starts Oct 21st</i>	1-2:30pm Pickleball
12:15-1:15pm Group Fitness Strength & Cardio <i>*Starts Oct 30th</i>	10:30-12pm Pickleball		10:30-11:30am Silver Sneakers Fitness	12:15-1:15pm Group Fitness Strength & Core <i>*Starts Oct 20th</i>		3-4pm Kids Soccer (Ages 5-7) (Ages 8-12)
	10:30-11:30am Silver Sneakers Fitness	1-2:30pm Winter Walking		2-3:30 pm Silvertips 50+ hockey		4-5:30pm Open Gym
1:30-3pm Pickleball	2-3:30 pm Silvertips 50+ Hockey	1-2:30 pm Adult Shinny 19+	1:30-3pm Pickleball			4:45-5:45pm Public Skate
3:30-4:30pm Youth Open Gym Kids Multi Sports	3:30-4:30pm Youth Open Gym Kids Multi Sports	3:30-4:30pm Youth Centre Open Gym (FREE) Kids Multi Sports	3:30-4:30pm Youth Open Gym Kids Multi Sports	3:30-4:30pm Youth Open Gym Kids Multi Sport		6-7:30pm Women's Hockey
		6-7pm Public Skate		5-6:30pm Badminton/ Pickleball	5:30-6:30pm Public Skate	7-8:30pm Volleyball
7:30-9pm Soccer		7:30-9pm Badminton/ Pickleball	7:30-9pm Basketball			

Start dates unless individually marked:

Golden and District Arena

Mount 7 Rec Plex – Fitness Starts Oct 20th

Private rental inquiries:
rec.booking@golden.ca

Golden & District Arena Lounge – Starts Oct 21st

Seniors Centre – Starts Tues Sept 26th

Pre-registration is required to guarantee your spot! Register online at golden.ca/recprograms