



Town of Golden Recreation Schedule Spring 2024

www.golden.ca/recreation

**Calendar in effect May 1 – June 30, 2024. Programs are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:15-10:15am Parent & Tot Fitness <i>*Ends May 15</i>				
12:15-1:15pm Group Fitness Strength & Cardio	10:30-11:30am Silver Sneakers Fitness <i>*Ends May 14</i>	10:30am-12pm Parent & Tot Play Outside <i>pending weather – see EYC facebook page</i>	10:30-11:30am Silver Sneakers Fitness <i>*Ends May 16</i>	12:15-1:15pm Group Fitness Strength & Core		
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		
		7:30-9pm Badminton/ Pickleball	7:30-9pm Basketball			7-8:30pm Volleyball

Closed on all STAT holidays

Mount 7 Rec Plex

Golden & District Arena Lounge

Seniors Centre

Private rental inquiries:
rec.booking@golden.ca

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