



Town of Golden Recreation

Rec Plex Recreation Drop-In Programs: 2024-2025 Season *Subject to change

| PROGRAM | WHAT TO EXPECT | DROP-IN |
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| Badminton | <p>Come join in and get your heart pumping for some action on the badminton courts. You choose the level of competition you are up for! All levels welcome.</p> <p>Court setup will be based on demand.</p> <p><i>Rotate courts to allow everyone a chance to play</i></p> | \$6 /adult \$54 / 10x |
| Basketball | <p>Players of all skill levels are welcome to participate in drop-in basketball. Shoot some hoops solo or join in on a game with some new friends. All levels welcome.</p> | \$6 / adult \$54 / 10x |
| Group Fitness | <p>Challenge yourself through our instructor-led cardiovascular and muscular endurance workouts! All levels welcome and all equipment provided.</p> | \$10 / adult \$ 8 / senior |
| Kids Multi Sport | <p>Kids Multi Sport Program keeps your kids busy after school and during Pro-D days! Kids 5-9 years old can come out and play a variety of different sports and games each day led by the recreation department staff!</p> <p>Supervision is provided from 3:15-4:45</p> <p>Pickup from APES at 3:00pm is available every day of the week.</p> <p><i>No parental supervision required, pre-registration required</i></p> | \$6 / session \$54 / 10x \$156 / 30x |
| Kids Soccer (Ages 5-7 & 8-12) | <p>All abilities welcome to this drop-in soccer program.</p> <p>Practice your dribbling, passing, shooting or play a game with friends.</p> <p>Kids will be split into teams based on age with 5-7 year olds playing together on one half of the gym and 8-12 year olds playing together on the other half</p> <p><i>Parents are required to stay and assist their kids</i></p> | \$3.50 / child |
| Open Gym | <p>Setup a badminton/pickleball, soccer net or shoot some hoops on our gym floor during this Open Gym program. All ages and abilities welcome.</p> | \$6 / adult \$4.50 / youth \$3.50 / Child |
| Parent and Tot Play | <p>Designed for children aged 0-5 years and their parents or caregivers.</p> | Ages 0-4 FREE |

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| | There are a variety of toys in the gymnasium from books to slides and cars. Each day there is an activity hosted by the Early Year Centre and special guest appearances once a month | \$2 / adult \$18 / 10x |
| Parent and Tot Fitness | A great opportunity to get your workout in with your kids playing in the same space! This instructor-led workout will get your heart pumping and utilize a variety of equipment to tone your muscles and hit every muscle group! Gym is setup to be kid-friendly with mats, balls, cars etc. to distract the tiny humans. Whether you have never worked out before or are just getting back after having a baby, all levels are welcome in this class! | Ages 0-4 FREE \$2 / adult \$18 / 10x |
| Parent and Tot with Run Bikes | Bring your energy to this great social opportunity for children and parents. Designed for children aged 0-5 years and their parents or caregivers. An area for free play is offered, as well as gym space for you to bring your child's run bike and get some laps in. | Ages 0-4 FREE \$2 / adult \$18 / 10x |
| Pickleball | Multiple courts setup to cater to various abilities and competition level. Paddles and balls are available to borrow. <i>Rotate courts to allow everyone a chance to play</i> | \$6 / session \$54 / 10x |
| Soccer | Fast and fun paced game of indoor soccer! All levels welcome. | \$6 / session \$54 / 10x |
| Volleyball | Come on in to the Rec Plex for a friendly game of volleyball. Practice your volleys or join a game with other participants! All levels welcome. | \$6 / session \$54 / 10x |
| Winter Walking | A great opportunity to get out for a walk in a bright and friendly warm space with background music. Bring a friend or meet a new one! A recreation department staff member will greet you at the door and track your progress as we all work towards a common goal of walking across Canada! Special appearances by health specialists and Community Paramedics | \$2 / drop-in \$18 / 10x |
| Youth Open Gym | Open Gym just for youth! Half the gym is available for all middle school and high school aged. Setup the game/sport of your choice! Youth of every ability welcome. | \$2 / drop-in \$18 / 10x <i>FREE Wednesdays</i> <i>*Sponsored by youth centre</i> |

All programs unless otherwise marked are geared towards adults but are inclusive of all ages, genders, and abilities.

Please wear indoor non-marking clean shoes for Rec Plex Programs. [Register online at golden.ca/recreation](https://golden.ca/recreation)