



# Town of Golden Recreation Schedule

## Fall 2024



*\*Calendar in effect Oct 1 – Dec 20, 2024. Programs are subject to change.*

[www.golden.ca/recreation](http://www.golden.ca/recreation)

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday                           | Sunday  |
|--|--|--|--|---|------------------------------------|---|
|  | 9:15-10am<br><b>Parent &amp; Tot Skate</b>             | 9:15-10:15am<br><b>Parent &amp; Tot Fitness</b>                      |  | 9:15-10am<br><b>Parent &amp; Tot Skate</b>            |                                    | 10:30am-12pm<br><b>Parent &amp; Tot with Run Bikes</b>          |
| 10:30-11:30am<br><b>Winter Walking</b>                 | 10:30am-12pm<br><b>Pickleball</b>                      | 10:30am-12pm<br><b>Parent &amp; Tot Play</b>                         | 10:30am-12pm<br><b>Pickleball</b>                      | 10:30-11:30am<br><b>Winter Walking</b>                |                                    | 1-2:30pm<br><b>Pickleball</b>                                   |
| 12-1pm<br><b>Group Fitness Strength &amp; Cardio</b>   |  | 1-2:30 pm<br><b>Adult Shinny 19+</b>                                 |  | 12-1pm<br><b>Group Fitness Strength &amp; Core</b>    |                                    | 3-4pm<br><b>Kids Soccer/ Family Open Gym</b>                    |
| 1:30-3pm<br><b>Pickleball</b>                          | 1:45-3:15 pm<br><b>Silvertips 50+ Hockey</b>           | 1:45-2:45pm<br><b>Winter Walking</b>                                 |  | 1:45-3:15pm<br><b>Silvertips 50+ Hockey</b>           | 1:30-3pm<br><b>Party Rental!</b>   | 3:30-4:30pm<br><b>Kids Stick &amp; Puck</b> *Cancelled Dec 8,15 |
| 3:30-4:30pm<br><b>Youth Open Gym Kids Multi Sports</b> | 3:30-4:30pm<br><b>Youth Open Gym Kids Multi Sports</b> | 3:30-4:30pm<br><b>Youth Centre Open Gym (FREE) Kids Multi Sports</b> | 3:30-4:30pm<br><b>Youth Open Gym Kids Multi Sports</b> | 3:30-4:30pm<br><b>Youth Open Gym Kids Multi Sport</b> | 3:15-4:45pm<br><b>Open Gym</b>     | 4-5:30pm<br><b>Open Gym</b>                                     |
| 5-7pm <i>GBA</i>                                       | 5-7pm <i>GBA</i>                                       | 5-7pm <i>GBA</i>   | 5-7pm <i>GBA</i>                                       | 5-6:30pm<br><b>Badminton/ Pickleball</b>              | 5:15-6:15pm<br><b>Public Skate</b> | 4:45-5:45pm<br><b>Public Skate</b>                              |
|  |  | 7-8pm<br><b>Public Skate</b>   |  | 7-9pm<br><i>Pickleball League</i>                     | 7-8:30pm<br><b>Basketball</b>      | 6-7:30pm<br><b>Women's Hockey</b>                               |
| 7:30-9pm<br><b>Soccer</b>                              | 7:30-9:30pm<br><i>Volleyball League</i>                | 7:30-9pm<br><b>Badminton/ Pickleball</b>                             | 7:30-9pm<br><b>Basketball</b>                          |   |                                    | 7-8:30pm<br><b>Volleyball</b>                                   |

**Start dates unless individually marked:**

Golden and District Arena

Mount 7 Rec Plex

Private rental inquiries:  
[rec.booking@golden.ca](mailto:rec.booking@golden.ca)

*Mount 7 Rec Plex Private Rentals*

**Pre-registration is required to guarantee your spot! Register online at [golden.ca/recprograms](http://golden.ca/recprograms)**