



Town of Golden Recreation Schedule

Fall 2024



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

www.golden.ca/recreation

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

Start dates unless individually marked:

Golden and District Arena

Mount 7 Rec Plex

Private rental inquiries:
rec.booking@golden.ca

Mount 7 Rec Plex Private Rentals

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