



Town of Golden Recreation Schedule Spring 2025

www.golden.ca/recreation

**Calendar in effect April 1 – June 30, 2025. Programs are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-1pm Group Fitness Strength & Cardio				12-1pm Group Fitness Strength & Cardio		
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		4-5:30pm Open Gym
6-7pm <i>GBA</i>		6-7pm <i>GBA</i>	5-6:30pm <i>Minor Soccer</i>			
7:30-9pm Soccer <i>*ends Apr 30</i>	7:30-9pm Volleyball <i>*starts May 6</i>	7:30-9pm Badminton/ Pickleball	7:30-9pm Basketball	6:30-8pm Ball Hockey <i>*Apr 25 – June 13</i>		7-8:30pm Volleyball

Mount 7 Rec Plex
Golden and District Arena

Private rental inquiries:
rec.booking@golden.ca

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