



Town of Golden Recreation Schedule

Fall 2025



**Calendar in effect Oct. 14 – Dec. 21, 2025. Programs are subject to change.*

www.golden.ca/recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15-10am Parent & Tot Skate			9:15-10am Parent & Tot Skate		
10-11:30am Winter Walking	10:30am-12pm Pickleball	9:15-10am Parent & Tot Fitness 10-11:30am Parent & Tot Play		10-11:30am Winter Walking		10:30am-12pm Parent & Tot with Run Bikes
12:05-1:05pm Group Fitness Strength & Cardio <i>*starts Mon Oct 6</i>		11:30-1:00pm Adult Shinny 19+	12:05-1:05pm Group Fitness Strength & Cardio <i>*starts Thurs Oct 2</i>			1-2:30pm Pickleball
1:30-3pm Pickleball	1:45-3:15 pm Silvertips 50+ Hockey	12-1:30pm Winter Walking	1:30-3pm Pickleball	1:45-3:15pm Silvertips 50+ Hockey	1:30-3pm Party Rental! <i>Email to book your party!</i> rec.booking@golden.ca	3-4pm Family Open Gym
3:30-4:30pm Youth Open Gym Kids Multi Sports	3:30-4:30pm Kids Multi Sports	3:30-4:30pm Youth Centre Open Gym (FREE) Kids Multi Sports	3:30-4:30pm Kids Multi Sports	3:30-4:30pm Youth Open Gym Kids Multi Sport	3:15-4:45pm Open Gym	4-5:30pm Open Gym
		6-7:30pm Pickleball		5-6:30pm Badminton/ Pickleball	5:15-6:15pm Public Skate	4:45-5:45pm Public Skate
		7-8pm Public Skate				6-7:30pm Women's Hockey
7:30-9pm Soccer		7:45-9:00pm Badminton	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

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