



# Town of Golden Recreation Schedule

## Winter 2026



*\*Calendar in effect Jan 5 – Mar 15, 2026. Programs are subject to change.*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15-10:00am <b>Parent &amp; Tot Skate</b>	9:15-10:00am <b>Parent &amp; Tot Fitness</b> 10:00-11:30am <b>Parent &amp; Tot Play</b>		9:15-10:00am <b>Parent &amp; Tot Skate</b>		
10:00-11:30am <b>Winter Walking</b>	9:00-9:45am <b>Group Fitness</b>		10:00-11:30am <b>Pickleball</b>	10:00-11:30am <b>Winter Walking</b>		10:30am-12:00pm <b>Parent &amp; Tot with Run Bikes</b>
12:05-1:05pm <b>Group Fitness Strength &amp; Cardio</b>	10:30am-12:00pm <b>Pickleball</b>	11:30-1:00pm <b>Adult Shinny 19+</b>	12:05-1:05pm <b>Group Fitness Strength &amp; Cardio</b>			1:00-2:30pm <b>Pickleball</b>
1:30-3:00pm <b>Pickleball</b>	1:45-3:15 pm <b>Silvertips 50+ Hockey</b>	12:00-1:30pm <b>Winter Walking</b>		1:45-3:15pm <b>Silvertips 50+ Hockey</b>	1:00-3:00pm <b>Party Rental!</b>	3:00-4:30pm <b>Family Open Gym</b>
3:30-4:30pm <b>Youth Open Gym Kids Multisport</b>	3:30-4:30pm <b>Kids Multisport</b>	3:30-4:30pm <b>Youth Centre Open Gym (FREE) Kids Multisport</b>	3:30-4:30pm <b>Youth Open Gym Kids Multisport</b>	3:30-4:30pm <b>Youth Open Gym Kids Multisport</b>	3:15-4:45pm <b>Open Gym</b>	4:45-5:45pm <b>Public Skate</b>
		6:00-7:30pm <b>Pickleball</b>		5:00-6:30pm <b>Volleyball</b>	5:15-6:15pm <b>Public Skate</b>	6:00-7:30pm <b>Women's Hockey</b>
7:30-9:00pm <b>Soccer</b>		7:00-8:00pm <b>Public Skate</b>				7:00-8:30pm <b>Volleyball</b>
		7:45-9:00pm <b>Badminton</b>	7:30-9:00pm <b>Basketball</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)

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