



Town of Golden Recreation Schedule Spring – April 2026



**Calendar in effect April 1-30, 2026. Programs are subject to change.*

www.golden.ca/recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:15-10:00am Parent & Tot Fitness				
	9:00-9:45am Group Fitness TRX		10:00-11:30am Pickleball			10:30am-12:00pm Parent & Tot with Run Bikes
12:05-1:05pm Group Fitness Strength & Cardio	10:30am-12:00pm Pickleball		12:05-1:05pm Group Fitness Strength & Cardio			1:00-2:30pm Pickleball
1:30-3:00pm Pickleball						
3:30-4:30pm Youth Open Gym Kids Multisport	3:30-4:30pm Kids Multisport	3:30-4:30pm <i>Youth Centre Open Gym (FREE)</i> Kids Multisport	3:30-4:30pm Youth Open Gym Kids Multisport	3:30-4:30pm Youth Open Gym Kids Multisport		
		6:00-7:30pm Pickleball		5:00-6:30pm Volleyball		
7:30-9:00pm Soccer		7:45-9:00pm Badminton	7:30-9:00pm Basketball			7:00-8:30pm Volleyball

Start dates unless individually marked:

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



Town of Golden Recreation Schedule

Spring – May/June 2026



**Calendar in effect May 1– June 24, 2026. Programs are subject to change.*

www.golden.ca/recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-9:45am Group Fitness TRX					
12:05-1:05pm Group Fitness Strength & Cardio			12:05-1:05pm Group Fitness Strength & Cardio			
3:30-4:30pm Youth Open Gym Kids Multisport	3:30-4:30pm Kids Multisport	3:30-4:30pm <i>Youth Centre Open Gym (FREE)</i> Kids Multisport	3:30-4:30pm Youth Open Gym Kids Multisport	3:30-4:30pm Youth Open Gym Kids Multisport		
		6:00-7:30pm Pickleball				
		7:45-9:00pm Badminton	7:30-9:00pm Basketball			7:00-8:30pm Volleyball

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