



Town of Golden Recreation Schedule

Fall 2026



**Calendar in effect Oct. 13 – Dec. 20, 2026. Programs are subject to change.*

www.golden.ca/recreation

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