

Recreation Drop-In Schedule

FALL 2019

SEPT 7th - March 30th

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|---|---|
| | Pickleball 8:00am-Noon FLC Gymnasium | Pickleball 8:00am-Noon FLC Gymnasium | Pickleball 8:00am-Noon FLC Gymnasium | Pickleball 8:00am-Noon FLC Gymnasium | Pickleball 8:00am-Noon FLC Gymnasium | Pickleball 8:00am-11:00am FLC Gymnasium |
| | Drop-In Driving Range 9:00am-4:00pm FLC Fieldhouse (Oct 21-Apr 27) | | | | Tennis 10:00am-4:00pm FLC Fieldhouse (Oct 18-May 1) | |
| | Tot Time 9:00am-Noon FLC Gymnasium | Tot Time 9:00am-Noon FLC Gymnasium | Tot Time 9:00am-Noon FLC Gymnasium | Tot Time 9:00am-Noon FLC Gymnasium | Tot Time 9:00am-Noon FLC Gymnasium | Tot Time 9:00am-11:30 am FLC Gymnasium |
| AFTERNOON | | | | | | |
| Badminton Noon-5:00pm FLC Gymnasium | | | | | | |
| Beginner Nerf Wars 2:00-4:00pm FLC Fieldhouse | | | | | Youth Floor Hockey 3:00-5:00pm FLC Gymnasium | |
| EVENING | | | | | | |
| | Pickleball 5:00-8:00pm FLC Gymnasium | | | | Roving Gyms 5:30-7:00pm FLC Gymnasium (Oct 18-Mar 27) | Teen Nerf Wars 6:00-7:30pm FLC Fieldhouse |
| | | | | Volleyball 6:00-8:00pm FLC Gymnasium | Family Nerf Wars 6:30-8:30pm FLC Fieldhouse | Adult Nerf Wars 7:30-9:00pm FLC Fieldhouse |
| FLC | | | | | | |
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Activity Descriptions

Badminton: Bring your family and friends for some fun and exercise! Racquets and shuttles are provided. All ages and abilities welcome. To ensure safety and security, children under the age of 8 must be under direct supervision of a person aged 16+. Pass or day admission required.

Drop-In Driving Range: Stay on top of your swing in our indoor driving range. There are 12 swing mats with rubber tees, and reduced-flight indoor balls (supplied) that allow you to take a full swing. Please do not place wooden or plastic tees in our mats. Pass or day admission is required.

Nerf Wars: Join us in combat as the fieldhouse turf is transformed into an obstacle-filled battleground for friendly fire. We supply the Nerf blasters (N-Strike Elite series), eye protection, and ammo (while supplies last), or bring your own Nerf blaster (please do not bring your own darts as they may not be returned). This is a drop-in program—registration is not required. Pass or day admission required. Depending on the number of participants each week, our program leaders will lead you to battle with their arsenal of combat-ready games. There are various categories to suit any age group. **Beginner:** Ages 6-12. **Teen:** Ages 13-17. **Adult:** Ages 18+ *uses Nerf Rival blasters). **Family:** All ages (parent/guardian must accompany).

Pickleball: Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three, or four players play on a badminton-sized court using paddles and a whiffle-like ball. Equipment is supplied while quantities last. Players are asked to shuffle partners and opponents to ensure everyone gets fair court time. Pass or day admission is required.

Roving Gyms: Want a warm place to play with your children aged 0-6 years during the fall and winter months? Join us for FREE indoor, unstructured play. Children will have an opportunity to interact with other children, play games, access fun and exciting toys and equipment, in a safe and friendly environment.

Tennis: Drop-In Tennis is for all skill levels with a focus on fun and socializing rather than competitive play. After each set, players are asked to shuffle partners to ensure everyone gets fair court time. It is a great way to get to know other tennis players. Pass or day admission is required. ***Please bring your own racquets and tennis balls.**

Tot Time: For Preschool children aged 0-6 years plus parent/guardian. Burn some energy in the gymnasium with our toys and gross motor equipment! This open gym time is available for preschool children with parent supervision. Parent/Guardian supervision is required at all times. Pass or day admission required for Tot. Parent/Guardian is free.

Volleyball: We'll have the nets ready for first come first "serve" volleyball time. Players are asked to rotate shifts, sub in, or play King's Court in order to allow fair playing time. Pass or day admission is required.

Youth Floor Hockey: Age: 8-17 years. Recreational floor hockey for players of all skill levels. Get active, gather your friends and show your skills at Youth Floor Hockey. Players are asked to rotate shifts to allow fair court time. Pass or day admission is required.

SCHEDULES SUBJECT TO CHANGE: Please visit www.medicinehat.ca/flc for updates on closures and cancellations. Proper exercise wear is required to participate. Please arrive at least 5 minutes before activity begins to avoid disruption.

