



SIMS GYM

FALL DROP IN SCHEDULE

Single Admission Rates Apply

SEPTEMBER 15 - DECEMBER 16

SUNDAY	MONDAY	WEDNESDAY
Adult Basketball 10:30am – 12pm (self-led)	Kindergym 9:30am – 11am (self-led)	
Family/Youth Gym 12:30pm - 2pm (self-led)	Adult Fitness Circuit 12pm - 1:30pm (self-led)	Pickleball 3pm - 4:30pm (self-led)
Rollerskating 2:30pm – 4.30pm (staff led)	Homeschool Gym 2pm - 3:30pm (self-led)	Badminton 5pm - 7pm (self-led)

ADULT BASKETBALL:

Drop-in basketball for adults.

FAMILY/YOUTH GYM:

For families and youth. Different activities and equipment each week!

ROLLERSKATING:

Open to all levels! Bring your own skates or rent at the gym.

Skate rental \$5.

KINDERGYM :

Join us for free-play in the gym with ride-on toys, tumbling mats, music, toys & more! **Parent participation required.**

HOMESCHOOL DROP-IN:

Gym time for home school families. Sport equipment provided.

ADULT FITNESS CIRCUIT :

Join us for a lunchtime workout! Fitness circuit equipment provided.

PICKLEBALL:

Drop-in pickleball for adults. Paddle rental available for \$3

BADMINTON:

Drop-in badminton for adults. Racquet rental available for \$3

SIMS Gym closed: Sept 30, Oct 14 & Nov 11

SIMS Operating Hours: Monday – Friday 9am-7pm

Saturday 9am-4pm Sunday 9am-4pm