



Drop-In RecNorth Schedule

Recreation North is free for members and pass holders. Non-members must pay the daily drop-in fee.

We are a busy, multi-sport and fitness facility. Priority bookings for the fieldhouse and three gymnasiums are reserved for local sports organizations.

Only staff can set up and take down equipment. Our facility is staffed to meet the requirements of the daily schedule - unscheduled requests for set up cannot be accommodated.

Aggressive or rude behaviour towards our staff and other user groups will not be tolerated.

Badminton

Monday and Wednesday	6:00pm - 9:30pm	Gyms 1 & 3
Friday	6:00pm - 9:30pm	Gym 3
Saturday and Sunday	12:00pm - 6:00pm	Gym 3

Basketball

Monday, Tuesday, Wednesday, Thursday	6:00pm - 9:30pm	Gym 2
Friday	6:00pm - 9:30pm	Gyms 1 & 2
Saturday and Sunday	12:00pm - 6:00pm	Gym 2

Pickleball

Monday, Tuesday, Wednesday, Thursday		
Beginner	8:00am - 9:00am	Gym 1
Intermediate	9:00am - 12:00pm	Gym 1
Advanced	12:00pm - 2:00pm	Gym 1
Learn to Play/All Levels	8:00am - 11:00am	Gym 3
Friday		
Learn to Play/All-Levels	8:00am - 11:00am	Gym 3
All-Levels	8:00am - 2:00pm	Gym 1
Saturday		
Learn to Play/All-Levels	8:00am - 11:00am	Gyms 1 & 3

Volleyball

Tuesday and Thursday	6:00pm - 9:30pm	Gyms 1 & 3
Saturday and Sunday	4:00pm - 8:00pm	Gym 1

Updated April 8, 2024