

Field House Fall 2025 (October 1 – Dec 23)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Pickleball/ Tennis 10-11:30am	Roller Skate 9-10am	Pickleball/ Tennis 10-11:30am	Roller Skate 9-10am		Family Gym 10:30-11:30am		
Open Gym 12-1pm	Open Gym 12-1pm	Open Gym 12-1pm	Open Gym 12-1pm		Adaptive Gym 11:30-1pm		Lawn Games 12:30-1:30pm
MS Gym 3-4pm	Seniors Social 2-3pm	MS Gym 3-4pm	Seniors Social 2-3pm		Raquet Sports 1-2:30pm		Raquet Sports 1:30-2:30pm
Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm	Open Gym 4:15-5:15pm		Open Gym 2:30-3:30pm		Open Gym 2:30-3:30pm
Badminton 5:30-7pm	Club 45 5:15-6:15pm	Badminton 5:30-7pm	Club 45 5:15-6:15pm		Dodgeball 3:30-4:30pm		Family Gym 3:45-4:45pm
Basketball 7-8:30pm	Kids Ball Hockey 6:30-8pm	Kids Soccer 7-8:30pm	Soccer 6:30-8pm				
	Ball Hockey League 8-9pm 9-10pm	Ball Hockey 8:30-10pm					
See Amilia SmartRec for Program Pricing							

All Ages

Seniors 55+

Under 12 – Parent supervision required



Summit Centre Fall 2025 (October 6 – December 23)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open Skate 8:30-10am	Open Skate 8:30-10am		Open Skate 8:30-10am		
Stretch & Strength* 10-11am		Stretch & Strength* 10-11am				
Walking Club 11am-12pm		Walking Club 11am-12pm		Walking Club 11am-12pm		
	Senior Hockey 55+ 12-1pm	Adult Hockey 18+ 12-1pm	Senior Hockey 55+ 12-1pm	Adult Hockey 18+ 12-1pm		Public Skate 12:30-1:30pm
Open Skate 1:30-2:30pm						
Public Skate 2:45-3:45pm			Public Skate 2:45-3:45pm			
				See Amilia SmartRec for Program Pricing		

*Stretch & Strength starts Oct 22nd and ends Dec 17th

Arena

Walking Track/Community Room