



Town of Golden Recreation Schedule

Spring 2024

www.golden.ca/recreation

**Calendar in effect March 18 – April 30, 2024. Programs are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:15-10:15am Parent & Tot Fitness				
10:30am-12pm Winter Walking	10:30am-12pm Pickleball	10:30am-12pm Parent & Tot Play	10:30am-12pm Pickleball	10:30am-12pm Winter Walking	11:15am-12:15pm Group Fitness Strength & Core	10:30am-12pm Parent & Tot with Run Bikes
12:15-1:15pm Group Fitness Strength & Cardio	10:30-11:30am Silver Sneakers Fitness	1-2:30pm Winter Walking	10:30-11:30am Silver Sneakers Fitness	12:15-1:15pm Group Fitness Strength & Core		1-2:30pm Pickleball
1:30-3pm Pickleball			1:45-2:45pm Yogalates			3-4pm Kids Soccer (Ages 5-7) (Ages 8-12)
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		4-5:30pm Open Gym
				5-6:30pm Badminton/ Pickleball		
7:30-9pm Soccer		7:30-9pm Badminton/ Pickleball	7:30-9pm Basketball			7-8:30pm Volleyball

Closed on all STAT holidays

Golden and District Arena

Mount 7 Rec Plex

Private rental inquiries:
rec.booking@golden.ca

Golden & District Arena Lounge

Seniors Centre

Pre-registration is required to guarantee your spot! Register online at golden.ca/recreation