



# Cheam Leisure Centre Gymnasium Schedule



April 19 - June 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Pickleball – Beginner (SG)</b> 6:00-8:00am	<b>Drop-in Basketball (FG)</b> 6:00-9:00am	<b>Pickleball – All Levels (SG)</b> 6:00-8:00am	<b>Drop-in Basketball (FG)</b> 6:00-9:00am	<b>Pickleball – All Levels (SG)</b> 6:00-8:00am	<b>Family Drop-in (SG)</b> 8:00-11:00am	<b>Pickleball – All Levels (NG)</b> 7:00-9:00am
<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Cardio Sculpt (NG)</b> 9:30-10:30am	<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Zumba (NG)</b> 9:15-10:15am	<b>Drop-in Basketball (NG)</b> 6:00-8:30am	<b>Circuit Bootcamp (NG)</b> 9:00-10:00am	<b>Drop-in Basketball (SG)</b> 7:00-8:00am
<b>Strength &amp; Balance (FG)</b> 9:15-10:15am	<b>Pickleball – Ladies (NG)</b> 10:45-12:00pm	<b>HIRT (SG)</b> 8:15-9:15am	<b>Strength and Balance (NG)</b> 10:30-11:30am	<b>Cardio Strength/Circuit (FG)</b> 9:00-10:00am	<b>Zumba (NG)</b> 10:15-11:15am	<b>Indoor Family Playground (SG)</b> 8:00-10:45am
	<b>Pickleball – All levels (SG)</b> 10:45-12:00pm	<b>Total Body Strength (NG)</b> 9:15-10:15am		<b>LifeFit (NG)</b> 10:30-11:15am		<b>Drop-in Basketball (NG)</b> 9:00-11:00am
		<b>Indoor Family Playground (SG)</b> 9:30-12:00pm				<b>Drop-in Badminton (FG)</b> 11:00-1:30pm
<b>Afternoon</b>						
<b>Drop-in Basketball (FG)</b> 12:00-2:00pm	<b>Pickleball – All levels (FG)</b> 12:00-2:30pm	<b>Drop-in Basketball (NG)</b> 12:00-3:00pm	<b>Pickleball – Beginner (NG)</b> 12:00-2:00pm	<b>Pickleball – Beginner (FG)</b> 12:00-2:30pm	<b>Drop-in Ball Hockey (FG)</b> 1:30-4:30pm	
<b>Family Drop in (SG)</b> 2:00-3:00pm	<b>Youth Drop-In (NG)</b> 3:00-5:00pm		<b>Drop-in Basketball (SG)</b> <b>12:00-2:00pm</b>	<b>Drop-in Basketball (SG)</b> 2:30-4:30pm		
			<b>Indoor Family Playground (SG)</b> 2:15-4:45pm			
			<b>Youth Drop-in (NG)</b> 3:00-5:00pm			
<b>Evening</b>						
<b>Drop-in Basketball (FG)</b> 8:30-9:45pm	<b>Zumba (NG)</b> 5:45-6:45pm	<b>Drop-in Basketball (FG)</b> 7:00-9:45pm	<b>Drop-in Basketball (NG)</b> 5:00pm-9:45pm	<b>Drop-in Volleyball (FG)</b> 5:00-7:00pm	<b>Drop-in Soccer (NG)</b> 5:00-7:00pm	<b>Drop-in Volleyball (FG)</b> 5:00-7:00pm
	<b>Drop-in Ball Hockey (FG)</b> 7:00-9:45pm		<b>Zumba (NG)</b> 5:30pm-6:30pm	<b>Drop-in Badminton(FG)</b> 7:00-9:45pm	<b>Drop-in Basketball (FG)</b> 7:00-8:45pm	<b>Drop-in Basketball (FG)</b> 7:00-8:45pm
			<b>Drop-in Soccer (NG)</b> 7:00pm-9:00pm			

**Guide:** Full Gymnasium (FG) | North Gymnasium (NG) | South Gymnasium (SG)

Only the times listed on the schedule are open for public drop-ins. Any times not shown are not available. This schedule is subject to change, please contact 604-824-0231 for any schedule inquires

# Cheam Leisure Centre

## Gymnasium Drop-in Programs Guide

PROGRAM NAME	AGE	DESCRIPTION
<b>Drop In Badminton</b>	13+	This gym time is dedicated to badminton and is open to everyone ages 13+. To keep the experience fun and fair for all players, please take turns, allow others the opportunity to play, and mix up the teams.
<b>Drop In Ball Hockey</b>	13+	This gym time is dedicated to ball hockey and is open to everyone ages 13+. To ensure an enjoyable experience for all, please take turns, allow others the opportunity to play, and mix up the teams.
<b>Drop In Basketball</b>	10+	This gym time is dedicated to basketball and is open to everyone ages 10+. To support a positive and inclusive atmosphere, please take turns, allow others the opportunity to play, and mix up the teams.
<b>Drop In Soccer</b>	13+	This gym time is dedicated to soccer and is open to everyone ages 13+. To make play enjoyable for all, please take turns, allow others the opportunity to play, and mix up the teams.
<b>Drop In Volleyball</b>	13+	This gym time is dedicated to volleyball and is open to everyone ages 13+. To help keep the experience fun and fair, please take turns, allow others the opportunity to play, and mix up the teams.
<b>Family Drop In</b>	All ages	This gym time is for families to play together and enjoy the equipment provided by our facility.
<b>Indoor Family Playground</b>	0-9	Equipment and toys are set up in the gymnasium for families to enjoy active play together. Children can explore soft play structures, play sports, build gross motor skills, and have fun in a safe and engaging environment. Parent/guardian participation required.
<b>Pickleball – All Levels</b>	13+	This court time is for pickleball only and is open to players ages 13+. To keep play social and enjoyable, please take turns, allow all players an opportunity to rotate in, and mix up groups. This time is ideal for players who want to work on their skills in a friendly, structured environment.
<b>Pickleball - Beginner</b>	13+	This court time is for pickleball only and open to players ages 13+. Please take turns, rotate players in, and mix up groups to keep play welcoming and social. This session is suited for those who are new to the game or building foundational skills.
<b>Pickleball - Ladies</b>	13+	This court time is for pickleball only and is open to female players ages 13+. To support a fun and social environment, please rotate players in and mix up groups throughout the session.
<b>Youth Drop In</b>	10+	This time in the gym is for youth to enjoy and make use of equipment provided by our facility.