



Cheam Leisure Centre

Gymnasium Schedule



June 29th - September 6th, 2026

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

Cheam Leisure Centre

Gymnasium Drop-in Programs Guide

PROGRAM NAME	AGE	DESCRIPTION
Drop-in Badminton	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.
Drop-in Ball Hockey	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.
Drop-in Basketball	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 and allow others the opportunity to play.
Drop-in Soccer	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.
Drop-in Volleyball	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.
Family Drop-in	All Ages	This gym time is for families to play together and enjoy the equipment provided by our facility.
Indoor Family Playground	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.
Pickleball - All Levels	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.
Pickleball - Ladies	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.
Youth Drop-in	10+	This time in the gym is for youth to enjoy and make use of equipment provided by our facility.