

# November 2019

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
| Schedule subject to change.<br>For up to date scheduling changes please visit:<br><a href="http://www.badlandscommunityfacility.com">www.badlandscommunityfacility.com</a><br>*Contact the BCF @ 403-823-1370 to register. Registration deadlines apply.<br>**Facility booking: Registration goes through the organization who has booked the facility<br><br>*New Hours of Operation<br>Monday - Friday: 6AM - 9AM<br>Saturday & Sunday: 8AM - 7PM<br>Closed Holidays |   |  | Registered Program<br>Private Booking<br>Free Public<br>Drop-In Fitness<br>Drop-In Sports<br>Closures/Cancelations  | FS= Fitness Studio<br>FHA/B/C= Field House<br>TRX= TRX Corner<br>FHF= Full Field House/Gym<br>RT= Running Track   | <b>1</b><br>9am-11am Sr's \$2 Walk<br>12pm-1pm Piano's and Paninis<br>(FHC) 5pm-9pm Drop In Basketball<br>(FHB) 6pm-9pm Drop In \$2 Badminton<br><b>6pm-9pm TGIF Fridays</b><br>(FHA) 7pm-9pm Drop In \$2 Floor Hockey                         | <b>2</b><br>(FHAB) 9am-11am Drop-In Pickleball   |
| <b>3</b>   | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>  | <b>8</b>   | <b>9</b>   |
| (FHC) 12pm-4pm Drop In Basketball<br><br>2pm-4pm Indoor Family Free Play   | 9am-11am Sr's \$2 Walk<br>(FS) 12:15pm-12:45pm Strong30<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(FHA) 6pm-9pm Drop In Floor Hockey<br>(FHB) 6:30pm-9pm Drop In Pickleball<br>(BHC) 7pm-8:30pm Bend with<br>(FS) 7:15pm-8:15pm It's All Yoga with Jessica      | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(BHB) 5pm-6pm Yin Yoga | 9am-11am Sr's \$2 Walk<br>10am-11:30am Parent Link - Play and Roll<br>(FS) 9:30 - 10:30 - 55+ Yoga<br>(FHC) 12pm-4pm Drop In Basketball<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(FS) 7pm-8:30pm Bend with Jenn<br>(FHB) 6:30pm-9pm Drop In Pickleball   | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(FS) 6:30-7:30 Keeping Up: Kickstart your resolution<br>(FHB) 7pm-9pm Drop In Volleyball<br>(BHB) 5pm-6pm Yin Yoga  | 9am-11am Sr's \$2 Walk<br>(FHC) 5pm-9pm Drop In Basketball<br>(FHB) 6pm-9pm Drop In \$2 Badminton<br><b>6pm-9pm TGIF Fridays</b><br>(FHA) 7pm-9pm Drop In \$2 Floor Hockey   | (FHAB) 9am-11am Drop-In Pickleball<br>(FHC) 9:30am-4:30pm Alberta Approved Farmers Market  |
| <b>10</b>  | <b>11</b>   | <b>12</b>  | <b>13</b>   | <b>14</b>   | <b>15</b>  | <b>16</b>  |
| (FHC) 12pm-4pm Drop In Basketball<br><br>2pm-4pm Indoor Family Free Play   | (BQH) 10:45am-12pm Remembrance Day Ceremony<br><br><b>Facility Closed</b>   | (FHAB) 9am-11-am Drop in Pickleball<br>(BHB) 5pm-6pm Yin Yoga<br>(FS) 5pm-6pm Drop In Keeping Up Fitness | 9am-11am Sr's \$2 Walk<br>10am-11:30am Parent Link - Play and Roll<br>(FS) 9:30 - 10:30 - 55+ Yoga<br>(FHC) 12pm-4pm Drop In Basketball<br>(KI) 5pm-6:30pm - Kids Can Cook Too! (6-8yrs)<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(TRX) 5:30pm-6:30pm TRX Strength<br>(KI) 6:45m-8:15pm - Kids Can Cook Too! (9-12yrs)<br>(FHB) 6:30pm-9pm Drop In Pickleball                                    | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(FS) 6:30-7:30 Keeping Up: Kickstart your resolution<br>(BHB) 7pm-8:30pm Yin Yoga<br>(FHB) 7pm-9pm Drop In Volleyball   | 9am-11am Sr's \$2 Walk<br>(FHF) 1pm-4pm Youth Toonie Drop In<br>(FHC) 5pm-9pm Drop In Basketball<br>(FHB) 6pm-9pm Drop In \$2 Badminton<br><b>6pm-9pm TGIF Fridays</b><br>(FHA) 7pm-9pm Drop In \$2 Floor Hockey                               | (FHBC) 9am-11-am Drop in Pickleball<br>(LMPR) 1pm-5pm 2019 Family Fun Bowl Decorating      |
| <b>17</b>  | <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>  |
| (FHC) 12pm-4pm Drop In Basketball<br><br>2pm-4pm Indoor Family Free Play   | 9am-11am Sr's \$2 Walk<br>(FS) 12:15pm-12:45pm Strong30<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(FHA) 6pm-9pm Drop In Floor Hockey<br>(FHB) 6:30pm-9pm Drop In Pickleball<br>(BHC) 7pm-8:30pm Bend with Jenn<br>(FS) 7:15pm-8:15pm It's All Yoga with Jessica | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(BHB) 5pm-6pm Yin Yoga | 9am-11am Sr's \$2 Walk<br>10am-11:30am Parent Link - Play and Roll<br>(FS) 9:30 - 10:30 - 55+ Yoga<br>(FHC) 12pm-4pm Drop In Basketball<br>(KI) 5pm-6:30pm - Kids Can Cook Too! (6-8yrs)<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(TRX) 5:30pm-6:30pm TRX Strength<br>(KI) 6:45pm-8:15pm - Kids Can Cook Too! (9-12yrs)<br>(FS) 7pm-8:30pm Bend with Jenn<br>(FHB) 6:30pm-9pm Drop In Pickleball | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(KI) 5:30pm-8:30pm Registered Workshop: Asian Fusion Cooking<br>(FS) 6:30-7:30 Keeping Up: Kickstart your resolution<br>(BHB) 7pm-8:30pm Yin Yoga<br>(FHB) 7pm-9pm Drop In Volleyball | 9am-11am Sr's \$2 Walk<br>(FHC) 5pm-9pm Drop In Basketball<br>(FS) 5:30-6:30 Youth Yoga<br>(FHB) 6pm-9pm Drop In \$2 Badminton<br><b>6pm-9pm TGIF Fridays</b><br>(FHA) 7pm-9pm Drop In \$2 Floor Hockey  | (FHBC) 9am-11-am Drop in Pickleball<br>(FHC) 9:30am-4:30pm Alberta Approved Farmers Market |
| <b>24</b>  | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>  |
| (FHC) 12pm-4pm Drop In Basketball<br><br>2pm-4pm Indoor Family Free Play   | 9am-11am Sr's \$2 Walk<br>(FS) 12:15pm-12:45pm Strong30<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(FHA) 6pm-9pm Drop In Floor Hockey<br>(FHB) 6:30pm-9pm Drop In Pickleball<br>(BHC) 7pm-8:30pm Bend with Jenn<br>(FS) 7:15pm-8:15pm It's All Yoga with Jessica | (FHAB) 9am-11-am Drop in Pickleball  | 9am-11am Sr's \$2 Walk<br>(FS) 9:30 - 10:30 - 55+ Yoga<br>(FHC) 12pm-4pm Drop In Basketball<br>(KI) 5pm-6:30pm - Kids Can Cook Too! (6-8yrs)<br>(FS) 5:15pm-6:30pm Drop In Vinyasa Yoga<br>(TRX) 5:30pm-6:30pm TRX Strength<br>(KI) 6:45pm-8:15pm - Kids Can Cook Too! (9-12yrs)<br>(FS) 7pm-8:30pm Bend with Jenn<br>(FHB) 6:30pm-9pm Drop In Pickleball   | (FHAB) 9am-11-am Drop in Pickleball<br>(FS) 5pm-6pm Drop In Keeping Up Fitness<br>(FS) 6:30-7:30 Keeping Up: Kickstart your resolution<br>(BHB) 7pm-8:30pm Yin Yoga<br>(FHB) 7pm-9pm Drop In Volleyball   | 9am-11am Sr's \$2 Walk<br>(FHC) 5pm-9pm Drop In Basketball<br>(FS) 5:30-6:30 Youth Yoga<br>(FHB) 6pm-9pm Drop In \$2 Badminton<br><b>6pm-9pm TGIF Fridays</b><br>(FHA) 7pm-9pm Drop In \$2 Floor Hockey<br>3pm-9pm Family Fun's Trail of Trees | (FHF) **Rocket Launch Concert  |