

**Winter 2026 Drop-in Schedule: January 4 - March 31**  
**Evergreen Seniors Community Centre**

<b>Program Type</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Pickleball (18+)</b>			8:30 p.m. - 9:45 p.m.	7:45 p.m. - 9:30 p.m.			
<b>Pickleball – Intermediate/Advanced (18+)</b>				6 p.m. - 7:45 p.m.			
<b>Yin Yoga (18+)</b>		2 p.m. - 3:15 p.m.					
<b>Strength and Sculpt (18+)</b>							9:45 a.m. - 10:45 a.m.

**Winter 2026 Drop-in Schedule: January 4 - March 31**  
**Guelph Sports Dome**

<b>Program Type</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Lunch Drop in</b>		12 p.m. - 1 p.m.	12 p.m. - 1 p.m.	12 p.m. - 1 p.m.	12 p.m. - 1 p.m.	12 p.m. - 1 p.m.	
<b>Soccer (18+)</b>			8 p.m. - 10 p.m. Starts Jan 13		8 p.m. - 10 p.m.		

\*Please note that the above schedule is subject to change. Check <https://www.recenroll.ca/> for an up-to-date schedule. Accessible format available by contacting Recreation Customer Service at 519-837-5699 or TTY 519-826-9771



**Winter 2026 Drop-in Schedule: January 4- March 31**  
**Victoria Road Recreation Center**

<b>Program Type</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Drop in Yoga (18+)</b>						6:15 p.m. - 7:30 p.m.	
<b>Yin Yoga (18+)</b>					10:15 a.m. - 11:30 a.m. Starts Jan 15		

**Winter 2026 Drop-in Schedule: January 4- March 31**  
**West End Community Centre**

<b>Program Type</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Total Body Strength Drop-in Zone (18+)</b>		9:30 a.m. - 10:30 a.m.			9:30 a.m. - 10:30 a.m. Starts Jan 15		
<b>Drop-in Basketball (18+)</b>		11:45 a.m. - 12:45 p.m.		11:45 a.m. - 12:45 p.m.			
<b>Pickleball (18+)</b>			10 a.m. - 11:30 a.m.				
<b>Youth Basketball (12-17 years)</b>						7:30 p.m. - 9:30 p.m.	

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