

Sonora Community Centre Drop-In Schedule

March 20-June 24

Updated March 18, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Weight Room 8:30am – 8:45pm	Weight Room 8:30am – 8:45pm	Weight Room 8:30am – 8:45pm	Weight Room 8:30am – 8:45pm	Weight Room 8:30am – 8:45pm	Weight Room 9:00am – 3:45pm
Walk Fit 8:45am – 9:45am	Total Body Fit 8:45am – 9:45am	Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am – 9:45am	Walk Fit 8:45am – 9:45am	Adult All Levels Drop-in Pickleball 9:15am – 11:15am
Tic Tac Tot! 10:30am-12:00pm <i>(no sessions March 20-March 29)</i>	Adult Intermediate Drop-in Pickleball 10:30am-12:30pm	Adult Drop-in Ping Pong and Games 10:00am-12:00pm	Adult Intermediate Drop-in Pickleball 10:30am-12:30pm	Adult Drop-in Ping Pong and Games 10:00am-12:00pm	Youth Drop-in Basketball 11:30am – 1:30pm
Adult Advance Drop-in Pickleball 12:30pm-2:30pm	Adult Novice Drop-in Pickleball 12:30pm – 2:30pm	Tic Tac Tot! 10:30am-12:00pm <i>(no sessions March 20-March 29)</i>	Adult Novice Drop-in Pickleball 12:30pm – 2:30pm	Adult Intermediate Drop-in Pickleball 10:30am-12:30pm	Programs/Workshops 1:45pm-3:45pm
Youth Drop-in Basketball 3:00pm-5:00pm	Youth Drop-in Basketball 3:00pm-5:00pm	Adult Advance Drop-in Pickleball 12:30pm-2:30pm	Afterschool Programs 2:45pm – 3:45pm	Adult Advance Drop-in Pickleball 12:30pm-2:30pm	
BellyFit* 6:00pm-7:00pm	Groove It! 5:30pm-6:30pm	Afterschool Programs 3:00pm – 6:15pm	Groove It! 5:30pm-6:30pm	Youth Drop-in Basketball 3:00pm – 5:00pm	
Adult Drop-in Ping Pong and Games 6:30pm-8:45pm	Adult Drop-in Basketball 6:45pm-8:45pm	BellyFit* 6:00pm-7:00pm	Adult Drop-in Soccer 6:45pm-8:45pm	Adult All Levels Drop-in Pickleball 5:30pm – 8:45pm	
Adult Drop-in Volleyball 6:30pm-8:45pm		Adult Drop-in Badminton 6:45pm-8:45pm			

Times are subject to change without notice and may be cancelled due to facility bookings. Facility rates, rules and guidelines are on the back.

FEES AND CHARGES* (taxes included)

	Adult	Senior	Youth/Student
Drop-In	\$5.50	\$4.50	\$4.50
10 Punch Pass	\$50.00	\$40.00	\$40.00
1 Month Pass	\$49.50	\$44.00	\$44.00
3 Month Pass	\$109.00	\$78.00	\$78.00
6 Month Pass	\$194.50	\$151.00	\$151.00
Annual Pass	\$301.00	\$211.50	\$211.50
Belly Fit Drop-in	\$8.50/ participant		

A family will consist of up to two adults and their children under the age of 19 living in the same household. All passes include access to the weight room, drop-in sports, squash courts, and select drop-in fitness classes. All Annual Passes will include access to select programs at the Sonora Community Centre at a reduced price.

*Rates will be adjusted annually to reflect the Canadian Price Index effective June 1.

AGES

Youth/Student	13–18 years or over 18 with valid Student Card
Adult	19–59 years
Senior	60 years+

GENERAL RULES AND GUIDELINES

- * Weight room is open for persons **ages 16 years and older**. Youth ages 13-15 years may be permitted under the supervision of an adult 19 years or older
- * Please check in at front desk **BEFORE** entering fitness classes, weight room or gym.
- * Proper footwear is required. Please use **clean, closed toed, athletic type shoes** while using the weight room or gym.
- * Please be respectful of staff and other facility users.
- * Staff reserves the right to refuse entry. Persons found not following the rules and guidelines may be asked to leave.
- * Drop-in sports are open to those 12 years and older unless otherwise specified as an adult drop-in.
- * Youth under 12 may be permitted under the supervision of someone 16 years or older.
- * Children under 7 must be under the direct supervision of a caregiver. Staff are not responsible for children left unattended in the building.