

Sonora Community Centre Drop-In Schedule

September 5-September 30

Updated August 28, 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
Parent n Tot (starts Sept 19) 10:30am-12:00pm	Adult Advance Drop-in Pickleball 10:30am-12:30pm	Parent n Tot (starts Sept 19) 10:30am-12:00pm	Adult Advance Drop-in Pickleball 10:30am-12:30pm	Mobility & Core 8:45am-9:45am (Room 1)	Youth Drop-in Basketball 11:30am – 1:30pm
Adult Intermediate Drop-in Pickleball 12:30pm-2:30pm	Adult Novice Drop-in Pickleball 12:30pm - 2:30pm	Adult Intermediate Drop-in Pickleball 12:30pm-2:30pm	Adult Novice Drop-in Pickleball 12:30pm – 2:30pm	Adult Advance Drop-in Pickleball 10:30am-12:30pm	Programs/Workshops 1:45pm-3:45pm
Afterschool Programs 2:45pm – 5:00pm	Afterschool Programs 2:45pm – 5:00pm	Afterschool Programs 2:45pm – 5:00pm	Afterschool Programs 2:45pm – 3:45pm	Adult Intermediate Drop-in Pickleball 12:30pm-2:30pm	
Total Body Fit 5:15pm – 6:15pm	Youth Drop-in Basketball 5:00pm – 6:30pm	Total Body Fit 5:15pm – 6:15pm	Youth Drop-in Basketball 4:00pm – 6:30pm	Youth Drop-in Basketball 3:00pm – 5:00pm	
Adult Volleyball League 6:45pm-8:45pm	Adult Drop-in Basketball 6:45pm-8:45pm	Adult Volleyball League 6:45pm-8:45pm	Adult Drop-in Soccer 6:45pm-8:45pm	Adult All Levels Drop-in Pickleball 5:30pm – 8:45pm	

FEES AND CHARGES* (taxes included)

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.

	Adult	Senior	Youth/Student
Drop-In	\$6.00	\$5.00	\$5.00
10 Punch Pass	\$55.00	\$45.00	\$45.00
1 Month Pass	\$52.00	\$46.50	\$46.50
3 Month Pass	\$115.00	\$82.00	\$82.00
6 Month Pass	\$205.50	\$160.50	\$160.50
Annual Pass	\$318.00	\$223.50	\$223.50
Belly Fit Drop-in	\$8.50/ participant		

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. Alternatively, youth 12-15 years may be permitted without adult supervision once they have successfully completed a Youth Weight Room Orientation. Please contact the Sonora Community Centre for more information.

* 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.