

Sonora Community Centre Drop-In Schedule

October 14-December 20, 2025

Updated October 10, 2025

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
Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am – 9:45am	Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am – 9:45am	Circuit Training 8:45am-9:45am	Adult All Levels Drop-in Pickleball 9:15am – 11:15am
WalkFit 10:00am-11:00am	Parent n Tot Drop-In 10:30am – 12:00pm	Stay Strong with Louise 10:00am - 11:00am	Parent n Tot Drop-In 10:30am – 12:00pm	Walk Fit 10:00am-11:00am	Youth Drop-in Basketball 11:30am – 1:00pm
Adult Intermediate Drop-in Pickleball 11:30am-1:30pm	Adult Novice Drop-in Pickleball 12:30pm - 2:30pm	Adult Intermediate Drop-in Pickleball 11:30am-1:30pm	Adult Novice Drop-in Pickleball 12:30pm - 2:30pm	Adult Intermediate Drop-in Pickleball 11:30am-1:00pm	Programs/Workshops/Bookings 1:30pm-3:45pm
Adult Advance Drop-in Pickleball 1:30pm-3:30pm	Registered Afterschool Programs 2:45pm – 4:00pm	Adult Advance Drop-in Pickleball 1:30pm-3:30pm	Registered Afterschool Programs 2:45pm – 4:00pm	Adult Advance Drop-in Pickleball 1:00pm-2:30pm	
Youth Drop-in Basketball 3:45pm – 5:00pm	Youth Drop-in Basketball 4:15pm – 5:15pm	Youth Drop-in Basketball 3:45pm – 5:00pm	Youth Drop-in Basketball 4:15pm – 5:15pm	Youth Drop-in Basketball 3:00pm – 5:00pm	
HIIT Boot Camp 5:15pm-6:15pm	Groove III 5:30pm-6:30pm	HIIT Boot Camp 5:15pm-6:15pm	Groove III 5:30pm-6:30pm	Adult All Levels Drop-in Pickleball 5:30pm – 8:45pm	
Adult Volleyball League 6:45pm-8:45pm	Adult Drop-in Soccer 6:45pm – 8:45pm	Adult Volleyball League 6:45pm-8:45pm	Adult Drop-in Floor Hockey 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.

*Family drop-in times - Children MUST be accompanied by at least one parent/guardian

FEES AND CHARGES* (taxes included)

	Adult	Senior	Youth/Student
Drop-In	\$7.00	\$6.00	\$6.00
10 Punch Pass	\$65.00	\$55.00	\$55.00
1 Month Pass	\$55.00	\$50.00	\$50.00
3 Month Pass	\$133.00	\$112.50	\$112.50
6 Month Pass	\$230.00	\$194.50	\$194.50
Annual Pass	\$419.00	\$337.50	\$337.50

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. 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.