

Sonora Community Centre Drop-In Schedule

February 24-March 15

Updated February 21, 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 10:30am-12:00pm | Easy Peasy Fitness with Louise 10:00am – 11:00am | Preschool Gymnastics Registered Program 10:30am-11:15am | Walk Fit 10:00am-11:00am | Youth Drop-in Basketball 11:30am – 1:00pm |
| Adult Advance 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 11:30am - 2:00pm | Adult Advance Drop-in Pickleball 11:30am-1:30pm | Programs/Workshops/ Bookings 1:30pm-3:45pm |
| Adult Novice Drop-in Pickleball 1:30pm - 2:30pm | Adult Intermediate Drop-in Pickleball 2:30pm-4:30pm | Adult Novice Drop-in Pickleball 1:30pm - 2:30pm | Adult Advance Drop-in Pickleball 2:00pm – 4:00pm | | |
| Afterschool Programs 3:00pm – 3:30pm | Youth Drop-in Basketball 4:45pm – 6:30pm | Afterschool Programs 3:00pm – 5:00pm | Adult Drop-in Basketball 5:00pm – 6:30pm | Adult Intermediate Drop-in Pickleball 1:30pm-3:30pm | |
| Youth Drop-in Basketball 3:45pm – 4:45pm | Adult Drop-in Soccer 6:45pm-8:45pm | HIIT Boot Camp 5:15pm – 6:15pm | Adult Drop-in Floor Hockey 6:45pm-8:45pm | Youth Drop-in Basketball 4:00pm – 6:00pm | |
| HIIT Boot Camp 5:15pm – 6:15pm | | Adult Volleyball League 6:45pm-8:45pm | | Adult All Levels Drop-in Pickleball 6:30pm –8:45pm | |
| Adult Volleyball League 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 | \$6.50 | \$5.50 | \$5.50 |
| 10 Punch Pass | \$60.00 | \$50.00 | \$50.00 |
| 1 Month Pass | \$54.00 | \$48.50 | \$48.50 |
| 3 Month Pass | \$130.00 | \$110.00 | \$110.00 |
| 6 Month Pass | \$225.00 | \$190.00 | \$190.00 |
| Annual Pass | \$410.00 | \$330.00 | \$330.00 |

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.