



NOVEMBER 2023

250-282-5500



KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY 9:00am - 7:00pm	WEDNESDAY 9:00am - 7:00pm	FRIDAY 12:00pm - 8:00pm	SUNDAY 1:00pm-5:00pm
WEIGHT ROOM 9:00AM - 7:00PM	WEIGHT ROOM 9:00AM – 7:00PM	WEIGHT ROOM 12:00PM - 8:00PM	WEIGHT ROOM 1:00PM - 5:00PM
AEROBICS ALL FITNESS LEVELS 9:30AM - 10:30AM <u>DROP IN</u>	SENIORS CARPET BOWLING 9:15AM –11:45AM <u>FREE PROGRAM</u>	55+ SOCIAL 12:00PM - 2:00PM CARDS & COFFEE <u>FREE PROGRAM</u>	55+ SOCIAL 1:00PM - 3:00PM CRAFTING <u>FREE PROGRAM</u> NO PROGRAM NOV 18
PARENT & TOT GYM TIME 10:45AM - 1:45PM <u>DROP IN \$2.00</u>	AEROBICS ALL FITNESS LEVELS 1:00PM – 2:00PM <u>DROP IN</u>	AFTER SCHOOL PROGRAM 5-11 years 2:30PM - 4:30PM	FAMILY GYM 3:00 - 5:00PM <u>ADULT MUST ACCOMPANY CHILD</u> <u>FAMILY RATE \$5.00</u>
AFTER SCHOOL PROGRAM 5-11 years 2:30pm - 4:30pm	AFTER SCHOOL PROGRAM 5-11 YEARS 2:30PM - 4:30PM	AEROBICS ALL FITNESS LEVELS 5:30PM - 6:30PM <u>DROP IN</u>	
AEROBICS ALL FITNESS LEVELS 5:00PM – 5:45PM <u>DROP IN</u>	AEROBICS ALL FITNESS LEVELS 5:00PM - 6:00PM <u>DROP IN</u>	TEEN NIGHT 11 YEARS & UP 6:00PM - 8:00PM <u>FREE</u>	
OPEN GYM FLOOR HOCKEY 6:00PM -7:00PM <u>DROP IN 11+</u>	OPEN GYM BADMINTON 6:00PM - 7:00PM <u>DROP IN 11+</u>		

NOVEMBER SPECIAL EVENTS:

KELSEY CENTRE CLOSED: NOV 13TH REMEMBRANCE DAY

PRO - D DAY CAMP: NOV 1ST 2:00 - 4:00PM

SENIORS LUNCHEON: NOV 1ST, NOV 15TH & NOV 29TH

FOLK MUSIC CONCERT: NOV 12TH (TICKETS @ VILLAGE OFFICE)

ISLAND HEALTH VACCINE CLINIC: NOV 21ST

PAL FIREARMS COURSE (REGISTER): NOV 18TH - 19TH

TEENS CROSSROAD CUSTOMER APPRICATION DAY: NOV 10TH 5:00PM - 7:00PM

50+ 50'S DANCE & SOCIAL: NOV 28TH 6-9PM PURCHASE TICKETS @ VILLAGE OFFICE \$5.00 (PLAN H GRANT) LIVE BAND