

# DALPLEX AVAILABLE MEMBER SPACE-POOL, CLIMBING, SQUASH, RACQUETBALL

**MARCH 19-25**

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLEASE NOTE: Pool space indicated is the minimum space available for member lane swimming. Additional space may be available if short term schedule changes occur.</b>						
<b>LANE AVAILABILITY</b> 6am-7:30am (1 Long Course lane) 7:30am-2pm (4 Long Course) 2pm-3pm <b>CLOSED FOR BULKHEAD PULL</b> 3pm-7:30pm (4 shallow) 7:30pm-10pm (4 shallow/1 deep) 12:15-1-pm Aquafit Deep	<b>LANE AVAILABILITY</b> 6am-6:30am (4 shallow/4 deep) 6:30am-7:30am (4 shallow) 7:30am-11am (4 shallow/4 deep) 11am-1pm (4 shallow) 1pm-4pm (4 shallow/4 deep) 4pm-5pm (2 shallow) 6:00pm-8:30pm (4 shallow) 8:30pm-10pm (4 shallow/2 deep)	<b>LANE AVAILABILITY</b> 6am-8am (1 Long Course) 8am-2pm (4 Long Course) 2pm-3pm <b>CLOSED FOR BULKHEAD PULL</b> 3pm-4pm (4 shallow) 4pm-5pm (2 shallow) 6pm-10pm (4 shallow) 12:15-1pm Aquafit Shallow	<b>LANE AVAILABILITY</b> 6am-6:30am (4 shallow/4 deep) 6:30am-7:30am (4 shallow) 7:30am-11am (4 shallow/4 deep) 11am-1pm (4 shallow) 1pm-4pm (4 shallow/4 deep) 4pm-5pm (2 shallow) 6pm-7:30pm (4 shallow) 7:30-8:30pm (1 shallow lane) 8:30pm-10pm (4 shallow/4 deep)	<b>LANE AVAILABILITY</b> 6am-8pm (3 Long Course) 8am-10:30pm (4 Long Course) 10:30am-11:30am <b>CLOSED FOR BULKHEAD PULL</b> 11:30am-4pm (4 shallow/4 deep) 4pm-10pm (4 shallow) 12:15-1pm Aquafit Deep	<b>LANE AVAILABILITY</b> 7am-9am (4 shallow) 9am-12pm (3 shallow/ 4 deep) 12pm-9pm (4 shallow lanes-OPEN SWIM) 5:30pm-7:30pm (4 shallow/4 deep) 7:30pm-9pm (4 shallow)	<b>LANE AVAILABILITY</b> 9am-12pm (3 shallow/4 deep) 12pm-5:30pm (4 shallow lanes-OPEN SWIM) 5:30pm-7:30pm (4 shallow/4 deep) 7:30pm-9pm (4 shallow)

**PLEASE NOTE: Swim Lessons take place Tuesdays, Wednesdays & Thursdays from 3:30-5:30pm & Saturday & Sunday mornings. Recreational or free swim is not allowed during lesson times.**

ROCK COURT

Open 4-10pm	Open 4-10pm	Open 4-10pm	Open 4-10pm	CLOSED	Open 11:30am-5:30pm	Open 11:30am-5:30pm
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FIELDHOUSE WALL

Bouldering Only	Bouldering Only	Bouldering Only	Bouldering Only	Closes at 5pm	Bouldering Only	Bouldering Only
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BADMINTON, SQUASH & RACQUETBALL COURTS

Badminton, squash and racquetball courts are available to book up to 48 hours in advance, during regular business hours. Squash courts 1, 2 & 3 are closed daily from 10-10:45am and courts 4 & 5 are closed daily from 10:15-11am for cleaning.

**Please call 494-6818 to book!**

Courts are sometimes unavailable to book due to tournaments or special events. This will be communicated to you when you call to reserve a court.

<b>DALPLEX BUILDING HOURS</b> Mon-Fri 6:00am-10:30pm Sat 7:00am-9:00pm Sun 9:00am-10:30pm	CALL 494-6467 OR EMAIL RESERVATIONS@DAL.CA	<b>EVENTS</b> April 4-8 Exam Set up April 9-23 Exams in Fieldhouse
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BASKETBALL A 8  
 BASKETBALL A 11  
 NOON HOOPS  
 VBALL/MULTI USE A 6  
 GROUP FITNESS  
 WEIGHT ROOM/TRACK/ FUN ZONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BASKETBALL A 8	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7am-9pm	9am-6:30pm
BASKETBALL A 11	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7-11:30am, 1-10:30pm	7am-9pm	9am-6:30pm
NOON HOOPS	11:30am-1pm A8/11	11:30am-1pm A8/11	11:30am-1pm A8/11	11:30am-1pm A8/11	11:30am-1pm A8/11		NOTE: 1-3pm Family Bball (A6)
VBALL/MULTI USE A 6	6am-4pm, 5-10:30pm	6-7:30am, 8:30am-4pm, 5-10:30pm	6am-4pm, 5-7:30pm	6am-4pm, 5-10:30pm	6-7:30am, 8:30am-4pm, 5-6:30pm	7am-9pm	5:30-7:30pm Multi-use time available Note: 1-3pm Family Bball
GROUP FITNESS	9:30-10:30am Yogaflex 12:00-1:00pm Zumba® 1:05-1:55pm* Strength Training @ Sexton 1:30-2:30pm Older Adult Strength Training 4:30-5:30pm Step 5:30-6:30pm Body Trim 7:45-8:45pm Groove Fit	9:15-10:45am OA Badminton 12:00-1:00pm Body Trim 4:30-5:30pm Aerobox 5:30-6:30pm Yogaflex 5:30-6:30pm* Zumba® 6:30-7:30pm Step 7:45-8:45pm Zumba®	9:30-10:30am Boot Camp 12:00-1:00pm Step 1:05-1:55pm* Step/Strength @ Sexton 1:30-2:30pm Older Adult Strength Training 4:30-5:30pm Yogaflex 5:30-6:30pm Groove Fit 7:45-8:45pm Body Trim	9:15-10:45am OA Badminton 12:00-1:00pm Cardio Mixer 1:05-1:55pm* Yogaflex @ Sexton 1:15-2:15pm Body Trim 4:30-5:30pm Cardio Core 5:30-6:30pm Step 5:30-6:30pm* Strength Class (women only) @ Sexton 6:30-7:30pm Body Trim 7:45-8:45pm Zumba®	9:30-10:30am Step 12:00-1:00pm Yogaflex 1:05-1:55pm* Zumba® @ Sexton 1:30-2:30pm Older Adult Yogaflex 4:30-5:30pm Cardio Blast	9:15-10:15am Step 10:30-11:30am Body Trim	10:15-11:15am Body Trim 11:30-12:30pm Multi Step
<b>FITNESS HOTLINE - 494-2119</b>							
<b>To book a Badminton, Squash or Rarcquet Court - Please call Court Bookings at 494-6818</b>							
FUN ZONE OPEN:	6am-10:30pm	6am-10:30pm	6am-10:30pm	6am-10:30pm	6am-10:30pm	7am-9pm	9am-10:30pm
<b>CHECK ONLINE FOR CURRENT BABYSITTING AND SUPERVISION AVAILABILITY.</b>							
TRACK AVAILABLE:	6am-10:30pm	6am-5:30pm, 7:30-10:30pm	6am-10:30pm	6am-5:30pm, 7:30-10:30pm	6am-10:30pm	7am-9pm	9am-10:30pm
WEIGHT ROOM OPEN:	6am-10:30pm	6am-10:30pm	6am-10:30pm	6am-10:30pm	6am-10:30pm	7am-9pm	9am-10:30pm



**RENTAL AVAILABILITY FOR MEMORIAL ARENA, WICKWIRE FIELD, STUDLEY DANCE STUDIO AND STUDLEY GYM**

**MARCH 19-25**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ARENA</b>	7-9:30am, 3:30-5pm, 6-7pm RENTAL availability	7-8am, 2-3pm, RENTAL availability	8-11:30am, 1-2pm, 3:30-4:30pm, 11pm-1am RENTAL availability	7-8am, 10:30-11:30am, 5:30-7pm, 10pm-1am RENTAL availability	3:30-5pm, 11pm-1am RENTAL availability	7-8am, 9pm-1am RENTAL availability	5-6pm RENTAL availability
	8am-11pm RENTAL availability	8am-5:30pm, 8-11pm RENTAL availability	8am-11pm RENTAL availability	8am-11pm RENTAL availability	8am-11pm RENTAL availability	8am-12pm, 3-11pm RENTAL availability	4:30-11pm RENTAL availability
<b>PLEASE BE AWARE THAT RENTAL AVAILABILITY CHANGES VERY FREQUENTLY</b>							
<b>DANCE STUDIO</b>	8-11am, 1-4:30pm, 6-7pm, RENTAL availability	8am-12pm, 2-5:30pm, 6:30-9pm RENTAL availability	8am-12pm, 1-4:30pm, 6-7pm RENTAL availability	8am-4:30pm RENTAL availability	8am-12pm, 1-6pm RENTAL availability	8am-4pm, 8-11pm RENTAL availability	11am-4pm RENTAL availability
	8am-5pm, 10-11pm RENTAL availability	8-10am, 11:30am-4pm RENTAL availability	8am-4:30pm, 7:30-11pm RENTAL availability	8am-12pm, 8-11pm RENTAL availability	3:30-5pm RENTAL availability	9pm-11pm RENTAL availability	NO RENTAL AVAILABILITY

ARENA \$201/HR  
 STUDLEY DANCE STUDIO \$37.50/HR  
 STUDLEY GYM \$68.50/HR  
 WICKWIRE \$59.80/HR/PRACTICE FIELD

