


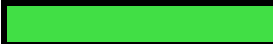





Crossman Community Centre  
TRACK schedule until May 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am	<b>Seniors</b> Walk, Run and Roll 8:00-10:30am
8:15							
8:30							
8:45							
9:00							
9:15	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm	<b>Cruzers</b> Strollers and walking aids 10:30-12:30pm
9:30							
9:45							
10:00							
10:15							
10:30	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm	<b>Adult</b> Walk/Jog 1:00-3:00pm
10:45							
11:00							
11:15							
11:30							
11:45	<b>Dryland Training</b> 5:30-7:00pm		<b>Dryland Training</b> 5:30-7:00pm		<b>Dryland Training</b> 5:30-7:00pm		
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
11:45							

	Facility Closed		Programs require registration
	Maintenance		Drop in Programs - Free
	Fitness programs - See Flyers		Birthday Party - Must pre book
	Non Scheduled - Open Times/Rentals		

\*\* Please note that schedule may change due to rentals please call to confirm