


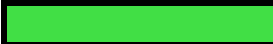





Crossman Community Centre
TRACK schedule until May 2016

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