

GLENWOOD SPORTS CENTRE - Apr 3 - Aug 28, 2025

Pickleball 10+		
Thursdays:	Apr 3, Apr 10, Apr 17, Apr 24, May 1, May 8, May 15, May 22, May 29 Jun 5, Jun 12, Jun 19, Jun 26 Jul 3, Jul 10, Jul 17, Jul 24, Jul 31 Aug 7, Aug 14, Aug 21, Aug 28	6:15 - 8:45 pm
Family Multi-Sport All Ages FREE!		
Fridays:	Apr 4, Apr 18 May 2, May 16, May 30 Jun 13, Jun 27 Jul 11, Jul 24 Aug 15	6:15 - 8:15 pm
Laser Light Rollerblading All Ages		
Fridays:	Apr 11, Apr 25 May 9, May 23 Jun 6, Jun 20 Jul 4, Jul 18, Aug 8, Aug 22	6:15 - 8:15 pm

Pickleball 10+ years

A mix of tennis, badminton & table tennis, Pickleball is sure to have you working up a sweat with friends on the court! Paddles are available for borrowing.

Family Multi-Sport All Ages **FREE!**

Come shoot, throw, and play with the whole family! Make use of our gym space and equipment and try out a variety of sports.

Laser Light Rollerblading All Ages

Strap on the skates, dress in neon and join us for disco lights & funky music! *If you are sensitive to strobe & flashing lights please consider coming to other drop-in options.*



ALBERNI VALLEY MULTIPLEX - Mar 31 - Jun 25, 2025

Pickleball 10+ years		
Mondays:	Apr 14 - Jun 23 (except: Apr 21)	10:30 am - 12:30 pm
Wednesdays:	Apr 16 - Jun 25	6:45 - 8:15 pm
Fridays:	Apr 25 - Jun 20 (except: May 2)	10:30 am - 12:30 pm
Public Skate All Ages		
Fridays:	May 9	6:15 - 8:15 pm
Sundays:	Apr 20 - May 11 (except: Apr 27, May 4)	1:00 - 2:30 pm
Adult Skate 19+ years		
Wednesdays:	Apr 2 - May 7	12:00 - 1:00 pm
Sensory Skates All Ages NEW!		
Fridays:	Apr 4 - May 9 (except: Apr 18, Apr 25)	12:00 - 1:00 pm
Stick & Puck All Ages		
Wednesdays:	Apr 2 - May 7	6:45 - 8:15 pm
Fridays:	Apr 4 - May 9	1:30 - 3:00 pm
Sundays:	Apr 20 - May 11	2:45 - 4:15 pm
Shinny 19-54 years		
Mondays, Wednesdays, Fridays:	Mar 31 - May 9 (except: Apr 18, Apr 21, Apr 25, Apr 28)	10:15 - 11:45 am
Shinny 55+ years		
Tuesdays, Thursdays:	Apr 1 - May 8	10:15 - 11:45 am
Shinny 70+ years		
Tuesdays:	Mar 18 - May 13	10:15 - 11:45 am

Public Skate All Ages

Public Skate Sessions are designed for skaters of all ages and abilities and is an excellent opportunity for you to get out with your family and/or friends to get active on and have some fun!
There is no hockey permitted during these sessions.

Adult Skate 19+ years

These sessions are designed for adults to get out on the ice and recreate! Whether it be part of your weekly fitness routine, or just looking to get out and work on your stride, this is a great opportunity to get out and enjoy some time on the ice with **adults only**.

Sensory Skates All Ages **NEW!**

Sensory friendly ice skating is a quiet and safe environment with low lighting and no music for children and individuals with sensitivities. *Sensory kits, including ear protection and sunglasses, are available to borrow at the front counter.*

Stick & Puck All Ages

These sessions are for players of all ages and abilities to hop on the ice with friends and/or family to shoot, pass and play some hockey, without full gear. A stick, gloves and helmet is all you need for these sessions.
NO slap shots or rough play is permitted.

Shinny 19-54 years

Shinny 55+ years

Shinny 70+ years

These sessions are scheduled based on age and are an opportunity for community members to get out and play some hockey in an informal setting. Shinny is a great way to get out and have some competitive (or non competitive) fun. Full hockey gear is required.
NO contact at ANY shinny session.