

Active Living Centre - Sample Program Schedule

Monday	
Time	Activity
9:00 - 11:00 a.m.	pickleball (gym)
9:00 - 10:00 a.m.	mommy & me (room A)
10:00 a.m. - 12:00 p.m.	craft n chat (room A)
11:00 a.m. - 12:00 p.m.	yoga (gym)
12:00 - 1:00 p.m.	lunch walk (gym)
12:30 - 3:30 p.m.	euchre (room A)
1:00 - 3:00 p.m.	adult games - ping pong/floor shuffleboard (gym)
3:30 - 5:00 p.m.	drop-in afterschool crafts (room A)
3:30 - 5:00 p.m.	drop-in afterschool sports (gym)
Tuesday	
Time	Activity
9:00 - 10:00 a.m.	line dancing (gym)
9:00 - 10:00 a.m.	sit to be fit (room A)
10:00 - 11:30 a.m.	cooking for one (kitchen)
10:30 a.m. - 12:00 p.m.	guest speaker workshops (room A)
12:00 - 1:00 p.m.	staff admin/reception (room A)
1:00 - 3:00 p.m.	pickleball (gym)
1:00 - 3:00 p.m.	stained glass class (room A)
3:30 - 5:00 p.m.	drop-in afterschool crafts (room A)
3:30 - 5:00 p.m.	drop-in afterschool sports (gym)
6:30 - 9:00 p.m.	pickleball (gym)
6:30 - 9:00 p.m.	youth games (room A)
Wednesday	
Time	Activity
9:00 - 11:00 a.m.	polymer class (room A)
9:00 - 10:00 a.m.	mommy & me (gym)
10:00 - 11:30 a.m.	badminton (gym)
11:30 a.m. - 12:30 p.m.	lunch walk (gym)
1:00 - 3:00 p.m.	pickleball (gym)
1:00 - 2:00 p.m.	meditation (room A)
2:00 - 3:00 p.m.	Pound Class (room A)
3:30 - 5:00 p.m.	drop-in afterschool crafts (room A)
3:30 - 5:00 p.m.	drop-in afterschool sports (gym)

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Thursday	
Time	Activity
1:00 - 3:00 p.m.	adult games - ping pong/floor shuffleboard (gym)
1:00 - 3:00 p.m.	games - darts/chess/checkers (room A)
3:30 - 5:00 p.m.	drop-in afterschool crafts (room A)
3:30 - 5:00 p.m.	drop-in afterschool sports (gym)
6:30 - 8:30 p.m.	youth art class (room A)
6:30 - 7:30 p.m.	drop-in family sports (gym)
Friday	
Time	Activity
9:00 - 10:00 a.m.	mommy & me (gym)
9:00 - 10:00 a.m.	program planning/admin (room A)
10:00 a.m. - 12:00 p.m.	pickleball (gym)
10:00 - 11:00 a.m.	mommy & me - crafts/building (room A)
11:00 a.m. - 12:00 p.m.	tia Chi (room A)
12:00 - 1:00 p.m.	lunch walk (gym)
1:00 - 2:00 p.m.	bridge (room A)
2:00 - 3:00 p.m.	adaptive sports (gym)
3:30 - 5:00 p.m.	drop-in afterschool crafts (room A)
3:30 - 5:00 p.m.	drop-in afterschool sports (gym)
Saturday	
Time	Activity
9:00 a.m. - 12:00 p.m.	children sports (gym)
9:00 - 10:00 a.m.	yoga (room A)
10:00 a.m. - 12:00 p.m.	children's art (room A)
12:00 - 2:00 p.m.	adult court sports (gym)
1:00 - 3:00 p.m.	adult workshop (room A)
2:30 - 4:30 p.m.	drop-in family sports (gym)
3:00 - 5:00 p.m.	youth games (room A)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
1	Hagersville Active Living Centre -- Tentative Staff Schedule																					
2	2PFT, 2PPT Programmers																					
3	PFT - A																					
4	PFT - B																					
5	TFT - C																					
6	TFT - D																					
7	Supervisor/CRP to cover staffing gaps/illness/vacation																					
8																						
9	Day	Sunday		Monday				Tuesday			Wednesday			Thursday			Friday			Saturday		
10	ALC Hours	Closed		9am-5pm				9am-9pm			9am-5pm			1-9pm			9am-5pm			9am-5pm		
11	Library Hours	Closed		9am-5pm				10am-8pm			10am-8pm			10am-8pm			10am-5pm			10am-5pm		
12	0800 hrs																					
13	0830 hrs																					
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17	1030 hrs																					
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36	2000 hrs																					
37	2030 hrs																					
38	2100 hrs																					
39	2130 hrs																					
40																						
41	Notes:																					
42	*Each programmer has 3 hrs of prep time per week																					
43	*Reception open if staff available (not in programming)																					
44	*To ensure 2 staff in facility at all times, staff can only leave building for breaks on Mondays and Saturdays																					
45	* In summer, need to hire additional summer student for coverage																					