

racquets badminton/squash/table tennis

Drop-in Badminton Schedule

Perfect time to practice techniques, play with friends & family, or take part in an exciting recreational game of badminton. Everyone welcome! Bring a racquet & bird.

All Ages

Delbrook, Gym B

Sa 1:30-2:45pm

Parkgate, Gym

Su 11:45-1:45pm

\$12.50 family (2 adults + children); \$5.45 adult;

\$4.10 student/senior; \$3.35 child

Adult/Youth

Delbrook, Gym

Tu/Th 1:15-3:15pm

Th 7:40-9:40pm

Parkgate, Gym

12yrs & up

F 8:00-10:00pm

\$5.45 adult; \$4.10 student/senior

Neighbourhood House, Gym

Tu 5:00-6:30pm

\$2

JBCC

F 1:15-3:15pm

\$3

Noon Hour Drop-in

JBCC, Gym

W 12:00-2:00pm

\$3 (please pay at front desk to receive hand stamp)

Adults 55+

JBCC, Gym

Tu 1:15-3:15pm

\$2 (please pay at front desk to receive hand stamp)

Parkgate, Gym

Tu 10:30-12:30pm

F 10:00-12:00pm

Su 2:00-4:00pm

\$3

Squash Lessons 11-16yrs

Beginner

Learn to play squash in this beginners program. Basic strokes, tactics and rules will be taught. Each lesson will end in Round Robin play.

(Naz V.)

Andrews, Squash Crt

224915 M Oct 19-Nov 9 5:30-6:15pm

224916 M Nov 16-Dec 7 5:30-6:15pm

224930 M Jan 18-Feb 8 5:30-6:15pm

\$35

Delbrook, Squash Crt 1

220488 F Sep 25-Oct 23 5:15-6:00pm

220489 F Oct 30-Nov 27 5:15-6:00pm

220958 F Jan 8-Feb 5 5:15-6:00pm

220959 F Mar 5-Apr 2 5:15-6:00pm

\$41.25

Intermediate

Improve your level of skill and learn new tactics in this intermediate level course.

Andrews, Squash Crt

224918 M Oct 19-Nov 9 6:15-7:00pm

224919 M Nov 16-Dec 7 6:15-7:00pm

224928 M Jan 18-Feb 8 6:15-7:00pm

\$35

Delbrook, Squash Crt 1

220490 F Sep 25-Oct 23 6:00-6:45pm

220491 F Oct 30-Nov 27 6:00-6:45pm

220960 F Jan 8-Feb 5 6:00-6:45pm

220961 F Mar 5-Apr 2 6:00-6:45pm

\$41.25

schoolage

Badminton Junior 7-10yrs

Learn the basic skills of badminton in a fun and social environment. Students will be taught the basic hold grip, serve and rally. Lots of prizes and games galore. Coach is NCCP certified. (Ivan C.)

Delbrook, Gym B

220485 Tu Sep 22-Dec 1 3:30-4:30pm

220954 Tu Jan 12-Mar 30 3:30-4:30pm

\$63.25

Parkgate, Gym

222367 M Sep 28-Dec 7 3:30-4:30pm

222763 M Jan 11-Mar 15 3:30-4:30pm

\$57.50

Badminton Sr. Boys & Girls

11-16 yrs

Students will be taught basic and advanced badminton skills. Course covers anticipation, body and foot movements, variety of strokes, game strategies, rules and skill development. Please bring your own racquet. Coach is NCCP certified. (Ivan C.)

Delbrook, Gym B

220486 Tu Sep 22-Dec 1 4:30-5:30pm

220487 Tu Sep 22-Dec 1 5:30-6:30pm

220955 Tu Jan 12-Mar 30 4:30-5:30pm

220956 Tu Jan 12-Mar 30 5:30-6:30pm

\$70.95

BadmintonSr. cont.

Parkgate, Gym

222368 M Sep 28-Dec 7 4:30-5:30pm

222764 M Jan 11-Mar 15 4:30-5:30pm

\$57.50

Badminton Beginner 8-11yrs

Learn the basic skills of badminton in a fun and social environment. Build hand-eye coordination, make friends and play on teams. (Ivan C.)

JBCC, Gym

224517 Sa Sep 12 3:15-4:15pm

224518 Sa Jan 16 3:15-4:15pm

Free - must register

224512 Sa Sep 19-Oct 24 3:15-4:15pm

224513 Sa Nov 7-Dec 12 3:15-4:15pm

\$34.50

224514 Sa Jan 30-Mar 20 3:15-4:15pm

\$46

Racquetball Lessons 11-16yrs

Lessons cover basic strokes, rules and scoring. Round robin play will end each lesson.

Andrews, Racquetball Crt

224910 Sa Oct 17-Nov 7 12:15-1:00pm

224911 Sa Jan 16-Feb 6 12:15-1:00pm

\$35

Table Tennis Workshop 11-16yrs

Learn the basic strokes, rules and etiquette of Table Tennis - a fun and social way to exercise!

Andrews, Racquetball Crt

224935 Sa Nov 7-Nov 14 11:00-12:00pm

224936 Sa Nov 21-Nov 28 11:00-12:00pm

224937 Sa Mar 20-Mar 27 11:00-12:00pm

\$22

adult

Badminton Lessons 17yrs&up

This course is designed for students at all levels. Students will be taught on all variety of grips, strokes, movements, singles, doubles and mix-doubles strategies in a step-by-step non-pressure learning environment. Please bring your own racquet and birdies. Coach is NCCP certified. (Ivan C.)

Parkgate, Gym

222401 Su Sep 27-Dec 6 10:15-11:15am

\$57.75

222403 Su Jan 10-Mar 14 10:15-11:15am

\$59.48

Badminton Intermediate Competitive 17yrs&up

Must be comfortable with team play & strategy, serve, drop shots, clears & smashes. Please bring your own racquet and feather birdies. Instructor approval required. (Ivan C.)

JBCC, Gym

220986 W Sep 2-Dec 30 8:15-10:15pm

\$62.48

223104 W Jan 6-Mar 31 8:15-10:15pm

\$47.78



badminton/racquetball/squash racquets

Badminton Social Mixer 18yrs&up

Come out for a pick-up game, beginners and advanced players welcome. Please bring your own racquet. (Ivan C.)

JBCC, Gym			
220985	M	Sep 14-Dec 21	7:00-9:00pm
\$51.45			
223105	M	Jan 4-Mar 29	7:00-9:00pm
\$47.78			

Badminton Drop-In 16yrs&up

Delbrook, Gym

220481	Tu	Sep 8-Dec 15	1:15-3:15pm
220482	Th	Sep 10-Dec 17	1:15-3:15pm
220483	Th	Sep 10-Dec 17	7:40-9:40pm
(no drop-in)			
\$81.75 adult/\$61.51 senior			
220950	Tu	Jan 5-Mar 30	1:15-3:15pm
220951	Th	Jan 7-Apr 1	1:15-3:15pm
220952	Th	Jan 7-Apr 1	7:40-9:40pm
(no drop-in)			
\$70.85 adult/\$53.30 senior			

Racquetball Workshops

Learn or improve your racquetball skills in this 2-day workshop. Instruction will cover technique and strategies that will enhance your game or provide beginners with the basics.

Andrews, Racquetball Crt

224860	Sa	Oct 17-Oct 24	1:45-2:45pm
224861	Sa	Oct 31-Nov 7	1:45-2:45pm
224912	Sa	Jan 16-Jan 23	1:45-2:45pm
224913	Sa	Jan 30-Feb 6	1:45-2:45pm
\$22			

Racquetball Lessons

Lessons cover basic strokes, rules and scoring in this beginners program. Instruction will cover backhand, forehand, service, return, court etiquette, simple tactics and equipment.

Andrews, Racquetball Crt

224859	Sa	Oct 17-Nov 7	1:00-1:45pm
224914	Sa	Jan 16-Feb 6	1:00-1:45pm
\$37			

Squash Workshops 15yrs&up

Learn or improve your squash skills in this 2-day workshop. Instruction will cover technique and strategies that will enhance your game or provide beginners with the basics. (Naz V.)

Andrews, Squash Crt

224920	M	Oct 19-Oct 26	7:00-8:15pm
224921	M	Nov 2-Nov 9	7:00-8:15pm
224922	M	Nov 16-Nov 23	7:00-8:15pm
224923	M	Nov 30-Dec 7	7:00-8:15pm
224924	M	Jan 18-Jan 25	7:00-8:15pm
224926	M	Feb 1-Feb 8	7:00-8:15pm
\$27			

Table Tennis Intro Workshop

Learn the basic strokes, rules and etiquette of Table Tennis; a fun and social way to exercise!

Andrews, Racquetball Crt

224932	Sa	Nov 7-Nov 14	10:00-11:00am
224934	Sa	Nov 21-Nov 28	10:00-11:00am
224939	Sa	Mar 20-Mar 27	10:00-11:00am
\$22			

Public Squash & Racquetball Courts and Table Tennis

Meet with friends, challenge yourself, or try something new!
Book a court, take a lesson, or join the Phone List.
Equipment available for rent.

Two locations: Delbrook & Ron Andrews recCentres.

Drop-in courts available for 45 minutes of playtime.

To book a court call: Andrews: 604-983-6501
Delbrook: 604-983-6301

Squash, Racquetball & Table Tennis Player Phone List 16yrs&up

Register on our FREE phone/ e-mail list!

We have compiled a list that will be shared by, and distributed to, the other players. Players are responsible for contacting other players, setting up their own game and booking their own courts.

We encourage the use of e-mail so we can keep you up-to-date.

To add your name to the Player Phone List call Andrews: 604-983-6501 /
Delbrook: 604-983-6301

Badminton Drop-in Seniors

Parkgate, Gym

222765	Tu	Sep 8-Dec 22	10:30-12:30pm
222795	F	Sep 11-Dec 18	10:00-12:00pm
222798	Tu	Jan 5-Apr 20	10:30-12:30pm
222799	F	Jan 8-Apr 23	10:00-12:00pm
\$3 drop-in			

Badminton Drop-in Adult/Teen

Parkgate, Gym

222796	F	Sep 4-Dec 18	8:00-10:00pm
222800	F	Jan 8-Apr 23	8:00-10:00pm
\$5.45 drop-in adult			
\$4.10 drop-in student			

Badminton Drop-in All Ages

Parkgate, Gym

222797	Su	Sep 6-Dec 20	11:45-1:45pm
222801	Su	Jan 3-Apr 18	11:45-1:45pm
\$5.45 drop-in adult/\$4.10 drop-in student			
\$3.35 drop-in child/\$12.50 drop-in family			

Badminton Drop-in Adult

JBCC, Gym

224510	F	Sep 11-Dec 18	1:15-3:15pm
224511	F	Jan 8-Mar 26	1:15-3:15pm
\$3 drop-in			

Badminton Noon Hour Drop-In 16yrs&up

Non-competitive, social badminton on 4 courts. All players welcome. Drop-in fee is \$3; please pay at front desk to receive a hand stamp.

JBCC, Gym

224508	W	Sep 9-Dec 30	12:00-2:00pm
224509	W	Jan 6-Mar 31	12:00-2:00pm
\$3 drop-in			
NSNH			
Tu		5:00-6:30pm	
\$2 drop-in			

family

Badminton Drop-in Family Lessons

1-hour drop-in and beginner badminton lessons in a family-friendly environment. Children must be 7 years or older and be accompanied by an adult.

JBCC, Gym

224516	Sa	Sep 12	4:15-5:15pm
224522	Sa	Jan 16	4:15-5:15pm
Free - must register			

Badminton Drop-in Family

Drop-in and beginner badminton lessons in a family-friendly environment. Children must be 7 years or older and be accompanied by an adult.

Delbrook, Gym B

220484	Sa	Sep 12-Nov 28	1:30-2:45pm
220953	Sa	Jan 16-Mar 27	1:30-2:45pm
\$12.50			

JBCC, Gym

224519	Sa	Sep 19-Dec 12	4:15-5:15pm
224521	Sa	Jan 30-Mar 20	4:15-5:15pm
\$10 family/\$5.45 adult/\$4.10 student or senior/\$3.35 child			

