

# APRIL 29 - JUNE 29 PROGRAM SCHEDULE

ALL PROGRAMS  
ARE FREE!  
**SATURDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**GIRLS MULTISPORT**  
AGE: 6-10  
4:30PM-5:30PM

**GIRLS MULTISPORT**  
AGE: 11-14  
4:30PM-5:30PM

**GIRLS OPEN GYM**  
AGE: 6-10  
5:30PM-6:30PM

**GIRLS OPEN GYM**  
AGE: 11-14  
5:30PM-6:30PM

**GIRLS ROCK CLIMBING**  
AGE: 6-14  
5:30PM-6:30PM

**HOMEWORK CLUB**  
AGE: 6-16  
3:30PM-6:30PM

**DROP-IN COUNSELLING**  
AGE: N/A  
3:30PM-6:30PM

**SOCIAL CIRCUS**  
AGE: 9-14  
4:00PM-5:30PM

**HEALTHY ME**  
AGE: 8-12  
4:30PM-6:30PM

**ROCK CLIMBING**  
AGE: 6-10  
4:30PM-5:00PM/5:00PM-5:30PM

**MULTISPORT**  
AGE: 6-10  
4:30PM-5:30PM

**RUGBY**  
AGE: 6-10  
5:30PM-6:30PM

**RUNNING CLUB**  
AGE: 11-14 5:30PM-6:30PM  
AGE: 15-18 5:30PM-6:30PM

**OPEN GYM**  
AGE: 11-14  
6:30PM-7:30PM

**VOLLEYBALL**  
AGE: 11-14  
7:30PM-8:30PM

**VOLLEYBALL LEAGUE**  
AGE: 15-18  
8:30PM-9:30PM

**GIRLS BASKETBALL**  
AGE: 11-14  
4:30PM-5:30PM

**BALL HOCKEY**  
AGE: 6-10  
4:30PM-5:30PM

**SHARING DANCE**  
AGE: 6-12  
4:30PM-5:30PM/5:30PM-6:30PM

**BASKETBALL**  
AGE: 6-10  
5:30PM-6:30PM

**MULTISPORT**  
AGE: 11-14  
5:30PM-6:30PM

**ROCK CLIMBING**  
AGE: 6-10 5:30PM-6:00PM/6:00PM-6:30PM  
AGE: 11-14 6:30PM-7:00PM

**BALL HOCKEY**  
AGE: 11-14  
6:30PM-7:30PM

**OPEN GYM**  
AGE: 11-14  
6:30PM-7:30PM

**3 ON 3 BASKETBALL**  
AGE: 11-14: 7:30PM-8:30PM  
AGE: 15-18: 8:30PM-9:30PM

**ULTIMATE FRISBEE**  
AGE: 11-14: 7:30PM-8:30PM  
AGE: 15-18: 8:30PM-9:30PM

**HOMEWORK CLUB**  
AGE: 6-16  
3:30PM-6:30PM

**SOCIAL CIRCUS**  
AGE: 9-14  
4:00PM-5:30PM

**SOCCER**  
AGE: 6-10  
4:30PM-5:30PM

**OPEN YOGA**  
AGE: 12-19  
4:30PM-6:00PM

**BALLMATICS**  
AGE: 9-11  
5:00PM-7:00PM

**FOOTBALL**  
AGE: 6-10  
5:30PM-6:30PM

**FUTSAL**  
AGE: 11-14  
5:30PM-6:30PM

**OPEN BREAKDANCING**  
AGE: 12-29  
6:30PM-9:00PM

**BALLMATICS**  
AGE: 12-14  
7:00PM-9:00PM

**DROP-IN COUNSELLING**  
AGE: N/A  
1:00PM-4:00PM

**BASKETBALL**  
AGE: 6-10  
4:30PM-5:30PM

**GIRLS FOOTBALL**  
AGE: 6-10  
4:30PM-5:30PM

**OPEN GYM**  
AGE: 6-10  
5:30PM-6:30PM

**ROCK CLIMBING**  
AGE: 6-10  
5:30PM-6:00PM/6:00PM-6:30PM

**ROCK CLIMBING**  
AGE: 11-14  
6:30PM-7:00PM

**OPEN GYM**  
AGE: 11-14  
6:30PM-7:30PM

**DANCE**  
AGE: 11-14  
6:30PM-7:30PM

**OPEN ROCK CLIMBING**  
AGE: 11-29  
7:00PM-8:30PM

**OPEN GYM**  
AGE: 15-18  
7:30PM-9:00PM

**FITNESS FOUNDATIONS**  
AGE: 7-16  
10:00AM-11:00AM

**MULTISPORT**  
AGE: 6-10  
11:00AM-12:00PM

**OPEN GYM**  
AGE: 6-10  
12:00PM-1:00PM

**OPEN GYM**  
AGE: 11-14  
1:00PM-3:00PM

**OPEN GYM**  
AGE: 15-29  
3:00PM-5:00PM

REGISTERED PROGRAMS

DROP-IN PROGRAMS

**DROP-IN COUNSELLING: TUE 3:30PM-6:30PM  
FRI 1:00PM-4:00PM**

VISIT US: 259 Jarvis St.  
CALL US: 416.637.7588  
Info@mlselaunchpad.org

