

PSP SPRING REC SPORTS & FITNESS SCHEDULE

STARTING: 02 APRIL 2024



SPORTSPARK (18+)

WEDNESDAYS - 1800-1930hrs

03 April - 26 June 2024

Learn to play one of 4 sports!
(see schedule in program guide)



VOLLEYBALL

WEDNESDAYS - 1930-2100hrs

03 April - 26 June 2024



OPEN BASKETBALL TIME

THURSDAYS - 1900-2100hrs

04 April - 27 June 2024



SQUASH

MON & WED - 1900-2100hrs

SAT - 1030-1230hrs

03 April - 29 June 2024



PICKLEBALL

TUESDAYS - 1700-1900hrs

SATURDAYS - 1400-1600hrs

02 April - 29 June 2024



BADMINTON

TUES & FRI: 1900-2100hrs

SUN: 1100-1300hrs

02 April - 30 June 2024



MONDAY

NEW 1210-1250hrs

Strength (Combat Fitness Room)

1615-1700hrs

Strength & Conditioning (Gym)



TUESDAY

1210-1250hrs

Strength & Conditioning (Gym)

NEW 1615-1700hrs

Weightlifting 101

(Combat Fitness Room)



WEDNESDAY

1210-1250hrs

Core & Mobility (Gym)



THURSDAY

1210-1250hrs

Strength & Conditioning (Gym)



Register through **QR Code**
At **PSP Front Desk**
Or by phone at **306-694-2873**

