



# FREE ARC ACTIVITIES

March  
2020

| Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday | Sunday  |
|--------|---------|-----------|---|--------|----------|---|
|        |         |           |   |        |          | 1   |
| 2      | 3       | 4         | 5   | 6      | 7        | 8<br>OPEN SWIM TIME<br>11:30 am – 1:30 pm   |
| 9      | 10      | 11        | 12<br>Performance Academy Info<br>Night (HP Training Centre -<br>ARC South)<br>6:00 – 7:00 pm | 13     | 14       | 15<br>OPEN GYM TIME<br>Gym 4: 2:30 pm – 4:30 pm<br>• 1/2 Basketball<br>• 1/2 Volleyball |
| 16     | 17      | 18        | 19<br>Performance Academy Info<br>Night (HP Training Centre -<br>ARC South)<br>6:00 – 7:00 pm | 20     | 21       | 22<br>OPEN GYM TIME<br>Gym 2: 9:00 – 11:00 am<br>• 1/2 Futsal<br>• 1/2 Floor Hockey     |
| 23     | 24      | 25        | 26  | 27     | 28       | 29<br>OPEN SWIM TIME<br>11:30 am – 1:30 pm  |

## JR. GAELS NOTES

### Casual Recreation and Swimming times

Queen's Athletics and Recreation has times available for you and a parent to get active at the ARC. All Junior Gaels under the age of 16 must be accompanied by an adult. Visit the Q Services Desk in the ARC for entry.

### JUNIOR GAELS PERFORMANCE ACADEMY

Our Strength and Conditioning is incredibly excited to roll out a new program where we can now provide the same training opportunities to our Junior Gaels partners that our varsity athletes receive. Learn more.

### Summer Q Camps at the ARC

Spend the summer getting active at the ARC. Junior Gaels players receive 10% off all Spring & Summer Q-Camps with coupon code JUNIORGAELS. View over 65 camps at [gogaelsgo.com/camps](http://gogaelsgo.com/camps)

*JuniorGaels.com*



# FREE ARC ACTIVITIES

April  
2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday  |
|--------|---------|-----------|----------|--------|----------|---|
|        |         | 1         | 2        | 3      | 4        | 5<br>OPEN SWIM TIME<br>11:30 am – 1:30 pm   |
| 6      | 7       | 8         | 9        | 10     | 11       | 12<br>OPEN GYM TIME<br>Gym 2: 12:00 – 2:00 pm<br>• 1/2 Basketball<br>• 1/2 Volleyball |
| 13     | 14      | 15        | 16       | 17     | 18       | 19<br>OPEN SWIM TIME<br>11:30 am – 1:30 pm  |
| 20     | 21      | 22        | 23       | 24     | 25       | 26<br>OPEN SWIM TIME<br>11:30 am – 1:30 pm  |
| 27     | 28      | 29        | 30       |        |          |   |

## JR. GAELS NOTES

### Open Gym, Field and Swim times

Queen's Athletics and Recreation has times available for you and a parent to get active at the ARC. All Junior Gaels under the age of 16 must be accompanied by an adult. Visit the Q Services Desk in the ARC for entry.

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### Sign up for our parent newsletter

Stay in the loop on all things Junior Gaels and receive special offers and discounts from our Queen's Athletics & Recreation partners. Sign up at [gogaelsgo.com/JrGaelsNewsletter](http://gogaelsgo.com/JrGaelsNewsletter)



[JuniorGaels.com](http://JuniorGaels.com)