

AECA 2019 Fall Adult (16 years & over) Programming

Please note there will be no classes on Monday Oct. 14, or Nov. 11, 2019

The 100-metre indoor walking track is open to the public at a very reasonable price.

Track hours are:

Monday-Friday 5:30 a.m.-1 p.m. & 3-8:30 p.m.

Saturday: 5:30-9:30 a.m. & noon-8 p.m.

Sunday: 5:30 a.m.-8 p.m.

Yearly passes are available for purchase.

Evening Fitness Walk

An opportunity to use the AECAA Track without purchasing a Track Pass.

Walk Monday to Thursday Sept. 16– Nov. 28, 2019 from 6-8:30 p.m.

Cost - \$30.00

Volleyball - Competitive co-ed

Fun play with no instruction, non-competitive/ recreational volleyball for 18 years+. Must be able to pass, set and hit (3 hits concept). Register for the fall, winter and spring play, starting on Monday, Sept. 16.

Monday 7-10 p.m. and/or Wednesday 7-10 p.m. @ Jack MacKenzie Gym

Cost- \$35.00

Basketball

Fun play with no instruction. No team registrations permitted. Register for the fall, winter and spring play starting Monday, Sept. 16.

Monday: 8-10 p.m. @ WF Ready Gym

Tuesday: 8-10 p.m. @ Wascana Plains Gym

Wednesday: 7-10 p.m. @ St. Gabriel Gym

Thursday: 8-10 p.m. @ St. Gabriel Gym

Cost- \$ 40.00

Pickleball

Fun and challenging for all ages, this is a competitive game for active athletes and is like the fountain of youth for older players. It is a tennis-like game played on a badminton sized court, using a plastic perforated slow-moving ball and a smooth surface paddle/ racket similar to table tennis. Register for fall, winter and spring play starting Thursday Sept. 19, 8-10 p.m. @

WF Ready School or Sunday starting Sept. 22, 1-6 p.m. @ WF Ready School. Online registration is available at aecaregina.com from Sept. 5 at 9 a.m. to Sept 9 at 6 p.m.

Cost - \$40.00

Badminton

Fun play no instruction provided register for fall, winter and spring. Bring your own rackets.

Tuesday :Sept 17 , 8-10 pm. @Jack Mackenzie School gym

Wednesday: Sept 18, 8 - 10pm. @ WF Ready School gym

Cost \$35.00