



FACILITATED DROP-IN REC SPORTS

Fall 2026 SEPT. 14 – DEC. 4, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10–11am					Racquet Sports <i>West Gym</i> 10am–2pm (Excludes Oct. 9)		
11am–12pm							
12–1pm							Basketball <i>Mitchell Gym</i> 12–5pm (Excludes Oct. 11 & Oct. 25)
1–2pm		Volleyball <i>West Gym</i> 1:30–4pm (Excludes Oct. 13)					
2–3pm				Basketball <i>Mitchell Gym</i> 2–6pm (Excludes Oct. 8 & Dec. 3)			
3–4pm					Volleyball <i>West Gym</i> 1:30–4pm (Dec. 3 from 2–4pm)		
4–5pm							
5–6pm	Basketball <i>Mitchell Gym</i> 5–7pm (Excludes Oct. 12 & Nov. 16)	Basketball <i>Mitchell Gym</i> 5–7pm (Excludes Sept. 22 & Oct. 13)	Basketball <i>Mitchell Gym</i> 5–7pm (Excludes Oct. 7, Oct. 14 & Oct. 21)		Basketball <i>Mitchell Gym</i> 5–9:30pm (Excludes Oct. 30)	Basketball <i>Mitchell Gym</i> 4:30–9:30pm (Excludes Oct. 10, Oct. 24 & Oct. 31)	
6–7pm							
7–8pm							Basketball <i>Events Centre</i> 6:30–11:30pm (Excludes Oct. 11 & Oct 25)
8–9pm							
9–10pm							
10–11pm							