

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spectrum</b> (programs start week of September 24 <sup>th</sup> and run 8 weeks)						
<p><b>Squash Intro:</b> NLOCC Ages 8 - 12 5:30 - 6:30 p.m. 303950</p> <p><b>Glee Club:</b> West Oaks FI P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307788</p> <p><b>Glee Club:</b> Northridge P.S. Ages 10 - 12 7 - 8 p.m. 307660</p> <p><b>Cheerleading:</b> Masonville P.S. Ages 10 - 12 7 - 8 p.m. 307715</p> <p><b>Hip Hop:</b> Wilfrid Jury P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307969</p> <p><b>Ballet:</b> Byron CC Ages 7 - 9 7:30 - 8:30 p.m. 307818</p> <p><b>Jazz:</b> Knollwood P.S. Ages 7 - 9 7:30 - 8:30 p.m. 307331</p>	<p><b>Drawing and Sketching:</b> Southwest CC Ages 10 - 12 5:30 - 7 p.m. 306881</p> <p><b>Boys Basketball:</b> Westmount P.S. Ages 10 - 12 6 - 7 p.m. 307442</p> <p><b>Aikido Kids:</b> Carling Heights CC. Ages 10 - 12 6:15 - 7 p.m. 302464 (Tues+ Sat)</p> <p><b>Volleyball:</b> Ryerson P.S. Ages 10 - 12 7 - 8 p.m. 308488</p> <p><b>Soccer:</b> Glen Cairn P.S. Ages 7 - 9 7:15 - 8:15 p.m. 308056</p> <p><b>Floor Hockey:</b> Wilfrid Jury P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307742</p> <p><b>Girls Basketball:</b> Wilfrid Jury P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307468</p>	<p><b>Multisport:</b> Lord Nelson P.S. Ages 10 - 12 7 - 8 p.m. 308485</p> <p><b>Girls Basketball:</b> Wilfrid Jury P.S. Ages 10 - 12 7 - 8 p.m. 307464</p> <p><b>Badminton:</b> Knollwood P.S. Ages 10 - 12 7 - 8 p.m. 308515</p> <p><b>Soccer:</b> Northbrae P.S. Ages 10 - 12 7 - 8 p.m. 308051</p> <p><b>Write It!:</b> Westmount Library Ages 10 - 12 7 - 8 p.m. 306292</p> <p><b>So You Think You Can Dance:</b> Northridge P.S. Ages 7 - 9 7:15 - 8:15 p.m. 307344</p> <p><b>Volleyball:</b> White Oaks P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307625</p> <p><b>Hip Hop:</b> Earl Nichols Arena Ages 7 - 9 7:15 - 8:15 p.m. 307979</p> <p><b>Hip Hop:</b> Clara Brenton P.S. Ages 10 - 12 7:30 - 8:30 p.m. 307970</p>	<p><b>Dance Mix:</b> Famiy Centre Fanshawe Ages 10 - 12 6:45 - 7:45 p.m. 307337</p> <p><b>Cheerleading:</b> White Oaks P.S. Ages 10 - 12 7 - 8 p.m. 307474</p> <p><b>Floor Hockey:</b> Westmount P.S. Ages 10 - 12 7 - 8 p.m. 307733</p> <p><b>Co-ed Basketball:</b> Wilton Grove P.S. Ages 10 - 12 7 - 8 p.m. 308087</p> <p><b>Soccer:</b> White Oaks P.S. Ages 10 - 12 7:15 - 8:15 p.m. 307521</p> <p><b>Yoga:</b> West Oaks FI P.S. Ages 10 - 12 7:15 - 8:15 p.m. 308471</p> <p><b>Hip Hop:</b> West Oaks P.S. Ages 7 - 9 7:15 - 8:15 p.m. 307980</p> <p><b>Dance Mix:</b> Medway CC Ages 10 - 12 7:30 - 8:30 p.m. 307821</p> <p><b>Multisport:</b> Wilton Grove P.S. Ages 10 - 12 7:45 - 8:45 p.m. 308484</p>		<p><b>Write It!:</b> Pond Mills Library Ages 10 - 12 10:30 - 11:30 a.m. 306949</p> <p><b>Badminton:</b> Byron CC Ages 10 - 12 12:30 - 1:30 p.m. 307404</p> <p><b>Open Gym:</b> South London CC Ages 6 - 13 2 - 3 p.m. 307479</p> <p><b>Soccer:</b> South London CC Ages 10 - 12 10:30 - 11:30 a.m. 307503</p> <p><b>Glee Club:</b> Southwest CC Ages 10 - 12 10 - 11 a.m. 306933</p> <p><b>Dance Mix:</b> South London CC Ages 10 - 12 10 - 11 a.m. 307820</p> <p><b>Dance Mix:</b> South London CC Ages 10 - 12 11:30 a.m. - 12:30 p.m. 307848</p> <p><b>Badminton:</b> Stronach Park Ages 10 - 12 1:30 - 2:30 p.m. 304045</p> <p><b>Yoga:</b> East London Library Ages 10 - 12 12:15 - 1:15 p.m. 308415</p> <p><b>Aikido Kids:</b> Carling Heights CC. Ages 10 - 12 9:15 - 10 a.m. 302464 (Tues+ Sat)</p>	

Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.

Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.

# Fall 2018 ACT-i-Pass Schedule

Starts September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Swimming:</b> ACT-i-Pass users can use their passes for <b>ANY City of London Recreational Swims</b> (any City of London pool facility, any Recreational Swim time). City admission policy is in effect. Visit <a href="http://www.london.ca/aquatics">www.london.ca/aquatics</a> for more information.</p>						
<p><b>Skating:</b> Free entry to all public skating and family skating September through to the end of March at all City Facilities. Visit <a href="http://www.london.ca/residents/recreation/Arenas-Skating/Pages/default.aspx">www.london.ca/residents/recreation/Arenas-Skating/Pages/default.aspx</a></p>						
<p><b>Boys and Girls Club Drop-In Programs:</b> Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> <li>Swimming</li> <li>Gym and Sports</li> <li>Creative Arts</li> <li>Computers</li> <li>Special Theme Events</li> <li>Gymnastics, Martial Arts, Dance, etc</li> </ul> <p>Located at 184 Horton Street. Visit <a href="http://www.bgclondon.ca">www.bgclondon.ca</a> for more information.</p>						
<p><b>Weekdays:</b> 4-7 p.m.</p>					<p><b>Saturday:</b> 1-4 p.m.</p>	
<p><b>YMCA Drop-In Program:</b> ACT-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p>						
<p><b>London Children's Museum:</b> All ACT-i-Pass users, and their families, can visit the London Children's Museum for Free Friday Family Fun Night! Come explore the London Children's Museum for extraordinary hands-on learning experiences in a distinctly child-centred environment. Free for the whole family!</p> <p>Located at 21 Wharncliffe Road South. Visit <a href="http://www.londonchildrensmuseum.ca">www.londonchildrensmuseum.ca</a> for more information.</p>						
				<p><b>Friday:</b> 5 - 8 p.m.</p>		
<p><b>Palasud South:</b> ACT-i-Pass users are welcome to go to Palasud South and enjoy free bowling from September to June.</p> <p>Located at 141 Pine Valley Boulevard. Visit <a href="http://www.Palasud.com">www.Palasud.com</a> for more information.</p>						
<p><b>Monday - Thursday:</b> 4:30 p.m. - 7:00 p.m.</p>						

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancelations.