

# Cheam Activity Descriptions

- Drop-in Pickleball (Beginner): The gym is available for use of Pickleball equipment by players, being a beginner program this provides a slower pace for those that are new to the sport or still just learning. This includes skills, drills or playing games.
- Drop-in Pickleball (All levels): Gym is available for use of pickleball equipment by players of all levels of ability. This includes skills, drills or playing games.
- Ladies Pickleball (All levels): Ladies only timeslot for pickleball players of all levels of ability. This includes skills, drills or playing games.
- Open gym: Gymnasium can be used to play any sports, some equipment is available.
- Family Drop-in Gym: Toddler friendly play structures and toys available for play.
- Drop-in Ball hockey: This program is designed for those who are 16 +. A great way to play some indoor shinny, we ask participants to play in a safe manner meaning bodychecking, rough play, and slap shots are not allowed.
- Drop in Volleyball: Gymnasium is set up for those wanting to play a pick-up game of volleyball, open to all levels of ability and 16+
- Drop-in Soccer: This program is for those 16+ wanting to get out and enjoy a pickup game of soccer
- Drop-in Badminton: Gymnasium is set up for those wanting to work on their skills or enjoy a pick-up game.



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