

# HUFF N' PUFF PROGRAMME SCHEDULE

As per our agreement with the City of London, the schedules below may be changed due to holidays and pre-empted by other activities. Every effort will be made to give convenors and members as much notice as possible. Please check the website and venue notice boards for updates.

Basic Membership Only									
ACTIVITY	Frequency	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Location	Fee	
Bocce	Yr Round	2:00-4:00 pm					Marconi Club	\$2.00	
Bowling - 5 Pin	Sep - Apr					12:45 pm	Fleetway	\$11.00	
Bus Trips	as Scheduled	Check website, Notice Boards & Newsletter							
Curling	Nov - Mar	9:30 am (Mon - Ingersoll)		9:15 am (Wed - Ilderton)				\$8.00	
Cycling - 6 Groups	Apr - Oct	Wednesday & Friday Mornings - call or email convenor for time and location							
Golf (12 holes)	Apr - Sep					7:30 am	Crumlin Creek	\$15.00	
Hockey (non contact)	Oct - Apr		9:30-10:30 am		9:30-10:30 am		Lon. Sports Pk	\$290.00	
Monthly Dances	Sep - May	Check Website, Notice Boards & Newsletter				8:00-11:00 pm		Victory Legion	\$5.00
Snooker	Oct - Apr	9:00-11:30 am	9:00-11:30 am	9:00-11:30 am	9:00-11:30 am	9:00-11:30 am	Victory Legion	\$2.00	
Sunday Socials	Sep - May	Check website, Notice Boards & Newsletter						Victory Legion	\$15.00

The fees shown for basicmembership activities (above) are for the most part for charges outside of our control and are subject to change.

Surcharge Membership (also includes Basic Membership activities)								
ACTIVITY	Frequency	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Location	Fee
Aerobics --- <b>FULL</b>	Yr Round		8:45-9:45 am		8:45-9:45 am		CHOCC	\$1.00
			10:00-11:00 am		10:00-11:00 am			
Aquabics	Yr Round		11:15-11:45 am		11:15-11:45 am		CHOCC	
Badminton	Sep - Jun		9:00-11:00 am		9:00-11:00 am		SLCC	
	Yr Round	10:00-Noon	9:30-11:30		9:30-11:30	10:00-Noon	NLOCC	
Ball Hockey	Oct - Apr					1:00-2:00 pm	NLOCC	
Basketball	Sep - Jun		10:00-11:30 am		10:00-11:30 am		Stronach	
	Jul - Aug		10:00-11:30 am		10:00-11:30 am		CHOCC	
Bowling - Carpet	Sep - May	10:00-Noon					CHOCC	
Darts	Yr Round		1:00-3:00 pm		1:00-3:00 pm		Victory Legion	
Horseshoes	May - Aug	9:30-Noon					McMahen Pk	
Line Dancing	Yr Round		1:00-2:00 pm				CHOCC	\$1.00
Pickleball	Yr Round	7:30-9:30 am		7:30-9:30 am			SLCC	
		8:00-10:00 am		3:30-5:30 pm		8:00-10:00 am	NLOCC	
Roller Skating	Yr Round			10-11:30	Skate Rental \$3		NLOCC	
Shuffleboard	Oct - Apr			10:00-Noon			CHOCC	
Singing	Sep - May		10:00-11:30 am				CHOCC	
Slo-Pitch	May - Sep		9:00-11:00 am		9:00-11:00 am		Stronach	
Slo-Pitch Sr Rec	May - Aug		9:00-11:00 am		9:00-11:00 am		NL Athletic Fields	
Squash	Sep - May		8:00-10:00 am		8:00-10:00 am		NLOCC	
Swimming	Yr Round		11:45-12:15pm		11:45-12:15pm		CHOCC	
T'ai Chi	Sep - May					9:30-10:30 am	CHOCC	\$2.00
Tap Dancing	Sep - Jun	9:30-11:30 am	9:30-11:30 am				NLOCC	\$4.00
Tap Dancing - Intro To	Sep - Jun		Noon-1:00 pm				NLOCC	\$4.00
Tennis (Court)	Yr Round	7:30-9:30 am	7:30-9:30 am	7:30-9:30 am	7:30-9:30 am		NLOCC	
		1:30-3:30 pm	1:30-3:30 pm	1:30-3:30 pm	1:30-3:30 pm			
Tennis (Table)	Yr Round	12:30-2:30 pm		12:30-2:30 pm	12:30-2:30 pm	12:30-2:30 pm	CHOCC	
Volleyball (Recreational)	Oct - Apr		12:30-2:30 pm		12:30-2:30 pm		NLOCC	
Volleyball (System)	Oct - Apr			12:30-2:30 pm			NLOCC	
Walkfit	Yr Round	9:30 - 10:30		9:30-10:30 am		9:30-10:30 am	CHOCC	\$1.00
		10:45-11:45 am		11:00-noon		10:45-11:45 am		
Yoga	Yr Round	8:15-9:30 am		8:15-9:30 am			CHOCC	\$2.00
			7:30-8:45 am			8:00-9:15 am	SLCC	

Fees shown for surcharged activities are per session.

Please see the newsletter or website for more details regarding all of the above (Basic and Surcharge) activities

Huff N' Puff website: [www.huffnuffsfa.com](http://www.huffnuffsfa.com)