

DROP IN PROGRAMS AT THE RDAPC!

Looking for flexible, fun ways to stay active? Our drop-in programs offer something for everyone! Little ones can burn off energy at **Tot N Play**, while hobbyists take to the skies (well, ceiling!) with **Remote Control Flying**. Older adults can enjoy yard games, cards, and social time at **The Backyard**, and golfers can practice rain or shine with **Indoor Golf**. Need space to move? **Open Field** time gives you room to run, play, or toss a ball, and our **200m Indoor Track** is always ready for walking or jogging—safe, climate-controlled, and perfect for all seasons. No matter your age or interests, there's a **drop-in program** waiting for you at the Fieldhouse!



Royal **DISTRIBUTING**
ATHLETIC PERFORMANCE CENTRE



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TOT 'N' PLAY

Monday, Tuesday, Thursday & Friday
8:30am - 12:00pm

THE BACKYARD

Wednesday
9:00am - 2:00pm

INDOOR GOLF

Monday & Friday
12:30am - 3:30pm

WALKING SOCCER

Monday & Friday
9:30am - 11:00pm

INDOOR TRACK

MAY - OCTOBER	OCTOBER - MAY
Monday- Friday 7:00am - 6:00pm	Monday- Friday 7:00am - 9:00pm
Saturday & Sunday 11:00am - 5:00pm	Saturday & Sunday 8:00am - 8:00pm

REMOTE/CONTROL FLYING

Tuesday & Thursday
3:00am - 4:00pm

FULL DETAILS BELOW

Indoor Walking and Jogging Track

Our 200m rubberized indoor track is the perfect place to walk or jog year-round, safe from traffic, weather, and uneven surfaces. The track is fully accessible, climate-controlled for comfort, and poles are welcome, making it a great option for all fitness levels and abilities.

\$2.50/visit

\$23.73/10 visit membership

\$97.18/annual membership

Prices to increase January 1, 2026

INDOOR TRACK



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Track Size

The track is roughly 200meter.
5 laps is 1 kilometer, 8 laps is 1 mile.

Exclusive Rentals

The indoor track is also available for exclusive rentals – perfect for group training or special events.

Closures

Please note: the track may be closed for rentals — visit get.on.ca/rdapc for the most up-to-date closure schedule.

All activities require a change of clean indoor shoes

519-856-9596 ext 202 rdapc@get.on.ca

OPEN UNSTRUCTURED PLAY

Allow children the freedom to run, jump, crawl, balance, swing and explore new toys!
Outdoor play in an indoor controlled environment

MONDAY, TUESDAY, THURSDAY & FRIDAY

8:30am - 12:00pm

**TOT‘N’
PLAY**

Ages 5 and Under
\$5/child or \$45/10 visit membership

Available January to December
Prices to increase January 1, 2026



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Guelph/Eramosa
Township

CASUAL, FUN AND OPEN FOR ALL AGES!

An all ages, self-directed drop-in space. This program is not staffed; participants must supervise themselves. Responsible children may use The Backyard while a parent/guardian is attending a program on the west field.

WEDNESDAYS
9:00am - 2:00pm

\$6/person

Available January to December
Prices to increase January 1, 2026



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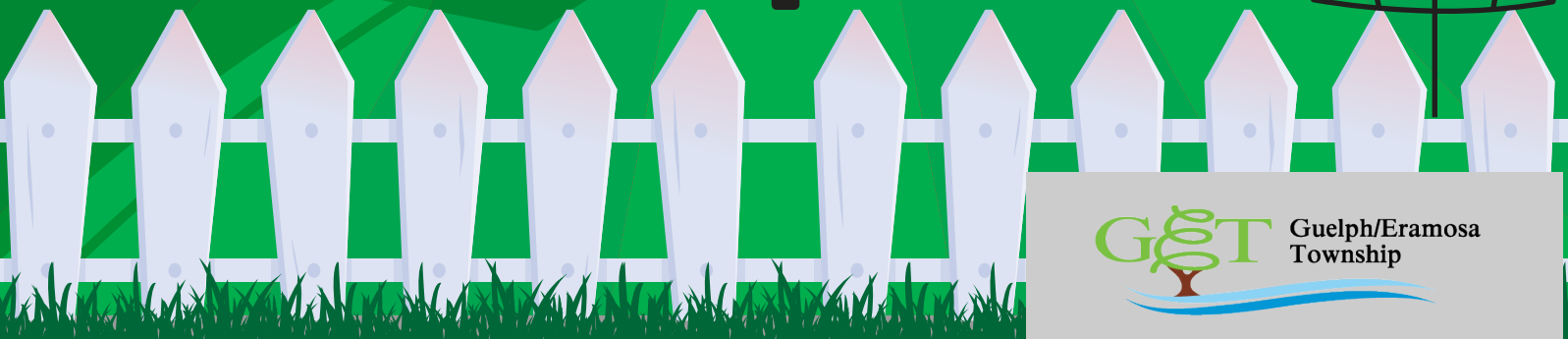
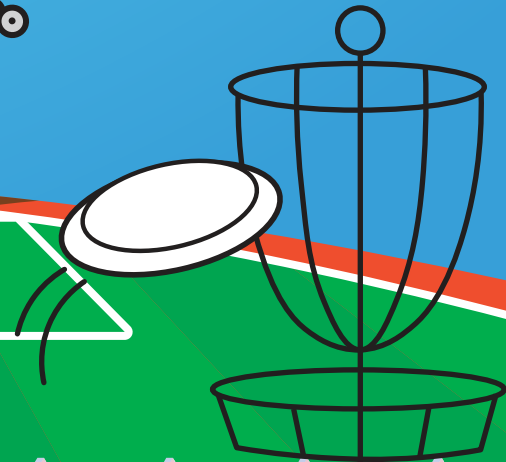
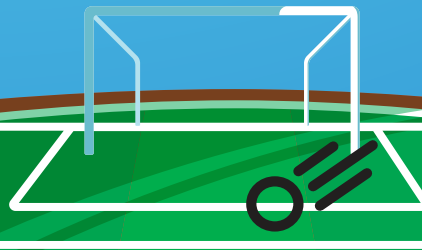
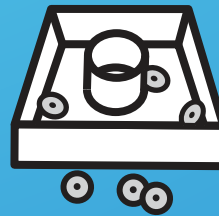
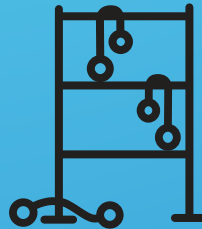
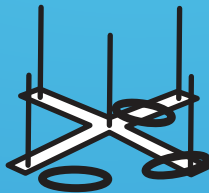
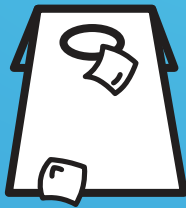


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THE BACKYARD



**Guelph/Eramosa
Township**

Train year-round, rain or shine.

Need room to run, play, or get moving? Our Open Field drop-in gives you full access to the indoor turf — perfect for kicking a soccer ball, tossing a frisbee, or setting up informal games with family and friends. Bring your own gear and enjoy a safe, climate-controlled space to be active, rain or shine. Call ahead to confirm which equipment is allowed and make the most of your play time!

OPEN FIELD

\$6.00/person

Prices to increase January 1, 2026



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Monday & Friday: 7am - 8:30am
Wednesday: 3pm - 4:30pm

Open Field times may occasionally be cancelled due to rentals or special events. Please call ahead to confirm availability before coming to the Fieldhouse.

**All activities require a change
of clean indoor shoes**

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2025/2026 PD Days at the RDAPC

Drop in programs are available on all PD Days

Friday October 24
Friday November 28
Friday January 30
Friday April 24
Friday June 5

**PD
DAYS**



Tot 'N' Play East Field, 8:30am - 12:00pm
Ages 5 and under, \$5/child

Kid 'N' Play West Field, 8:30am - 12:00pm
Ages 6 - 12 years, \$5/youth

Pick up Soccer Split Field, 12:30pm - 2:00pm
All ages, \$6/person

Prices to increase January 1, 2026

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of clean indoor shoes**

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INDOOR DRIVING RANGE

Soft flite balls are perfect for indoor play and simulate actual ball flite.

MONDAY & FRIDAY
12:30pm - 3:30pm

All ages welcome
\$9.04/bucket or \$16.95/2 buckets

Available October - June
Prices to increase January 1, 2026

INDOOR GOLF



REMOTE CONTROL AIRPLANES

Come in out of the elements and fly in the colder months.
All battery operated devices are welcome.

Tuesdays 3:00pm - 4:00pm
Thursdays 3:00pm - 4:00pm

All ages welcome
\$6/person

Available October - June
Prices to increase January 1, 2026

R/C PLANES



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SAME BEAUTIFUL GAME, BUT RUNNING IS A FOUL!

Does your body tell you to slow down but your mind doesn't want to?
Come out for walking soccer!

Mondays 9:30am - 11:00am

Fridays 9:30am - 11:00am

All ages welcome
\$6/person

Available January to December
Prices to increase January 1, 2026

WALKING SOCCER



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