

Drop-In Programs at Britannia

For full program information, including specific dates, please see the full Program Brochure.

	SUN	MON	TUE	WED	THU	FRI	SAT
Children	Drive Street Band (all ages) AML 3:00-5:00pm By donation	Carnival Band (all ages) AML 7:30-10:00pm \$5 or Pay-What-You-Can	Jump Into Music (6mos-4 yrs) RAR 11:15am-12:00pm \$15* Kindergym (1-5 yrs) Gym D 11:00am-12:30pm \$2.50 (\$20/ 10 tix)	Kindergym (1-5 yrs) Gym D 11:00am-12:30pm \$2.50 (\$20/ 10 tix)	Kindergym (1-5 yrs) Gym D 11:00am-12:30pm \$2.50 (\$20/ 10 tix)		Kindergym (1-5 yrs) Gym D 10:00am-12:00pm \$2.50 (\$20/ 10 tix)
Youth	Basketball (11-19) Gym C 12:00-1:45pm Free ⁺	Guys Night (13-18 yrs) TC 6:00-8:00pm Free ⁺	Feast of Flavours (13-18 yrs) AML 4:00-6:00pm Free ⁺ Girls Club (13-18 yrs) PTC 6:15-8:00pm Free ⁺	Big Screen Movie Night (13-19 yrs) TC 7:00-9:00pm Free ⁺ Stretch & Roll CFEC 10:30-11:30am \$12*			Basketball (11-19) Gym C 5:30-6:50pm Free ⁺
Adult	Yoga Flex CFEC 10:15-11:15am \$12* Pickleball Gym C 9:00am-12:00pm \$4 Ball Hockey – Women’s Gym D 4:15-6:00pm \$6*	Zumba Gym C 6:00-7:15pm \$11 Ki Aikido – High Grade Mat Room 7:30-9:30pm \$6*	Total Body Conditioning Gym C 6:00-7:00pm \$4.75 (\$39.40/10 tix) Volleyball – Intermediate Gym A/B 8:00-10:00pm \$6* Ki Aikido – General Mat Room 7:30-9:30pm \$8*	Zumba Gym C 6:00-7:15pm \$11 Ki Aikido – General Mat Room 7:30-9:30pm \$10* Ball Hockey - Co-ed Gym D 7:15-8:45pm \$6*	Dance Aerobics Gym C 6:00-7:00pm \$4.75 (\$39.40/10 tix) Soccer - Women’s Gym D 6:00-7:30pm \$5* Volleyball – Beginners Gym A/B 7:00-10:00pm \$6*	Volleyball – Advanced Gym A/B 7:00-10:00pm \$6* Badminton Gym C 7:00-9:45pm \$5	Salsa Fit Gym C 10:00-11:00am \$4.75 (\$39.40/10 tix) Badminton Gym C 1:30-5:00pm \$5*
55+	The Great Sunday Movie Night AML 6:00-9:00pm Free ⁺	Osteofit CFEC 11:00am-12:00pm \$10* Luncheon AML 12:00-1:00 \$5 Light-Hearted Bridge & Italian Cards AML 1:00-3:00pm Free ⁺ Gentle Yoga CFEC 2:00-3:00pm \$12*	Iyengar Yoga Lev 1&2 9:30-11:00am / 7:00-8:30pm CFEC \$17.50* Vietnamese Drop-in AML 9:00am-3:00pm Free ⁺ Carpet Bowling 1739 Venables 10:00am-12:15pm Free ⁺	Ballroom Fit CFEC 11:15am-12:30pm \$12* Adaptive Yoga CFEC 12:45-1:45pm \$12* Knitting Social AML 1:00-3:00pm Free ⁺ Gentle Yoga CFEC 2:00-3:15pm \$12* Book Club AML 2:45-4:45pm Free ⁺	Iyengar Yoga Lev 2&3 5:30-7:00pm Lev 1 7:00-8:30pm CFEC \$17.50* Chinese Folk Dance CFEC 10:00am-12:00pm Free ⁺ So You Want to Dance AML 10:30am-12:00pm Free ⁺ Healthy Choices AML 1:00-3:00pm Free ⁺	Easy Exercise AML 10:00-11:00am Free ⁺ Luncheon AML 12:00-1:00pm \$5 Social Ballroom Dance CFEC 2:00-4:00pm Free ⁺	* For paid programs, drop-in space may be limited by registered participants. + Free with Britannia membership.