

Drop-In Programs at Britannia—Fall 2018

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

	SUN	MON	TUE	WED	THU	FRI	SAT	
Children	Drive Street Band (all ages) 55+C 3:00-5:00pm By donation	Carnival Band (all ages) 55+C 7:30-10:00pm \$5 or Pay-What-You-Can	Kindergym (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix	Kindergym (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix	Kindergym (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix			Kindergym (1-5yrs) Gym D 10:00am-12:00pm \$2.50 drop-in, \$20/ 10 tix
Youth	Basketball (11-19yrs) Gym C 12:00-1:50pm Free ⁺		Feast of Flavours (13-18 yrs) 55+C 4:00-6:30pm Free ⁺	Open Gym (11-19 yrs) Gym D 5:30-7:00pm Free ⁺	EastVan HipHop Drop-in 1739 Venables 5:30-9:30pm Free*	Latin Cooking 55+C 4:30-6:30pm Free ⁺	Youth Only Swim (11-18yrs) Oct 6, Nov 3, Dec 1 Pool 8:00-10:00pm FREE	
Adult	Pickleball Gym C 9am-12pm \$4	Zumba Gym C 6:00-7:15pm \$11	Total Body Conditioning Gym C 6:00-7:00pm \$4.75 (\$39.40/10 tix)	Stretch Therapy CFEC 9:15-10:30am \$25	Soccer—Women Gym D 6-7:30pm \$5*	Badminton Gym C 7:00-9:45pm \$5	Salsa Fit Gym C 10:00-11:00am \$4.75 (\$39.40/10 tix)	
	Yoga Flex CFEC 10:15-11:15am \$12*	Ki Aikido – High Grade Mat Room 7:30-9:30pm \$6*	Volleyball – Intermediate Gym A/B 8:00-10:00pm \$6*	Zumba Gym C 6:00-7:15pm \$11	Volleyball – Intermediate Gym A/B 8:00-10:00pm \$6*	Volleyball – Advanced Gym A/B 7:00-10:00pm \$6*	Badminton Gym C 1:30-5:00pm \$5*	
	Solidarity Notes Choir LRC 10:30am-12:30pm	Stretch Therapy CFEC 7:00-8:15pm \$25		Ball Hockey—Co-ed Gym D 7:15-8:45pm \$6*				
	Ball Hockey—Women Gym D 4:15-6:00pm \$6*			Ki Aikido – General Mat Room 7:30-9:30pm \$10*				
55+		Osteofit CFEC 11:00am-12:00pm \$13*	Vietnamese Drop-in 55+C 9:00am-3:00pm Free ⁺	So You Want to Dance CFEC 11:15am-12:30pm Free ⁺	Stroke Survivors Social 55+C 10:00am-1:00pm Free	Easy Exercise 55+C 10:00-11:00am Free ⁺	* For paid programs, drop-in space may be limited by registered participants. + Free with Britannia membership.	
	Sunday Night Movie Series 55+C 6-9pm FREE	Luncheon 55+C 12:00-1:00 \$5	EPIC—Elders Participating in Community 55+C 12:00-2:00pm Free ⁺	Elders Wellness Gathering 55+C 12:30-4:00pm Free	So You Want to Dance Mat Rm 10:30am-12:20pm Free ⁺	Blood Pressure & Sugars 55+C 11:15am-12:15pm Free ⁺		
		Gentle Yoga CFEC 2:00-3:15pm \$13*		Elders Craft Collective 55+C 1:00-4:00pm Free ⁺		Luncheon 55+C 12:00-1:00pm \$5		
				Adaptive Yoga CFEC 12:45-1:45pm \$12*				
				Gentle Yoga CFEC 2:00-3:15pm \$12*				