

Drop-In Programs at Britannia—Spring 2018

For full program information, including specific dates, please see the Winter 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 (16-20yrs) Gym C 12:00-1:45pm Free ⁺ | | Feast of Flavours (13-18 yrs) 55+C 4:00-6:30pm Free ⁺ Indoor Soccer (11-18 yrs) Gym D 5:00-8:00pm Free ⁺ | Open Gym (11-18yrs) Gym D 5:30-7:00pm Free ⁺ Big Screen Movie Night (13-18 yrs) TC 7:00-9:00pm Free ⁺ | Latin Cooking 55+C 4:30-6:30pm Free ⁺ | Youth Only Swim (11-18yrs) Apr 6, May 4, Jun 1 Pool 8:00-10:00pm FREE BC Wheelchair Basketball (16+) Gym D 6:45-9:00pm Free | | |
| Adult | Pickleball Gym C 9:00am-12:00pm \$4 Yoga Flex CFEC 10:15-11:15am \$12* Ball Hockey—Women 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* Stretch Therapy CFEC 7:00-8:15pm \$25* | Iyengar Yoga Lev 1 & 2 CFEC 9:30am-11:00am \$19 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* Iyengar Yoga Lev 1 & 2 CFEC 7:00-8:30pm \$19 | Zumba Gym C 6:00-7:15pm \$11 Ball Hockey—Co-ed Gym D 7:15-8:45pm \$6* Ki Aikido – General Mat Room 7:30-9:30pm \$10* So You Want to Dance 55+C 11:15am-12:30pm FREE ⁺ | Iyengar Yoga Lev 2 & 3 CFEC 5:30-7:00pm \$19 Soccer—Women Gym D 6:00-7:30pm \$5* Volleyball – Beginner Gym A/B 7:00-10:00pm \$6* Iyengar Yoga Gentle Lev 1 CFEC 7:00-8:30pm \$19 | Badminton Gym C 7:00-9:45pm \$5 Volleyball – Advanced Gym A/B 7:00-10:00pm \$6* | Salsa Fit Gym C 10:00-11:00am \$4.75 (\$39.40/10 tix) African Drumming Drop-in Cafeteria 12:00-1:30pm Apr 21, May 5 & 19, Jun 2 \$15 Badminton Gym C 1:30-5:00pm \$5* | |
| 55+ | Sunday Night Movie Series 55+C 6:00-9:00pm FREE | Osteofit CFEC 11:00am-12:00pm \$13* Luncheon 55+C 12:00-1:00pm \$5 Gentle Yoga CFEC 2:00-3:15pm \$13* | Vietnamese Drop-in 55+C 9:00am-3:00pm FREE ⁺ Ceremony, Wellness & Cultural Sharing 55+C 6:45-8:45pm FREE | Wellness Wednesday 55+C 12:30-4:00pm FREE ⁺ Adaptive/ Chair Yoga CFEC 12:45-1:45pm \$13* Knitting Social 55+C 1:00-3:30pm FREE ⁺ Gentle Yoga CFEC 2:00-3:15pm \$13* | Chinese Folk Dance CFEC 10:00am-12:00pm FREE ⁺ Grandparent Coffee Break 55+C 10:30-12:30am FREE So You Want to Dance 55+C 10:30am-12:00pm FREE ⁺ Multicultural Reconciliation 55+C 12:00-4:00pm FREE | Exercise with Friends 55+C 10:00-11:00am FREE ⁺ Luncheon 55+C 12:00-1:00pm \$5 Social Ballroom Dance CFEC 2:00-4:00pm FREE ⁺ | | <p>* For paid programs, drop-in space may be limited by registered participants.</p> <p>+ Free with Britannia membership.</p> |