

# Drop-In Programs at Britannia—Winter 2019

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

	SUN	MON	TUE	WED	THU	FRI	SAT
Children	<b>Drive Street Band</b> (all ages) 55+C 3:00-5:00pm By donation	<b>Carnival Band</b> (all ages) 55+C 7:30-10:00pm \$5 or Pay-What-You-Can	<b>Kindergym</b> (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix	<b>Kindergym</b> (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix  <b>Jump Into Music</b> (6mo-4yr) Rink Mezz Various \$15	<b>Kindergym</b> (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix	<b>Kindergym</b> (1-5yrs) Gym D 11:00am-12:30pm \$2.50 drop-in, \$20/ 10 tix	<b>Kindergym</b> (1-5yrs) Gym D 10:00am-12:00pm \$2.50 drop-in, \$20/ 10 tix
Youth	<b>Basketball</b> (11-19yrs) Gym C 12:00-1:50pm Free <sup>+</sup>		<b>Bike Club Drop-in (12-19yrs)</b> Kickstand 3:30-6:00pm Free  <b>Feast of Flavours</b> (13-18 yrs) 55+C 4:00-6:30pm Free <sup>+</sup>  <b>Indoor Soccer</b> (11-18 yrs) Gym D 5:30-8:00pm Free <sup>+</sup>	<b>EastVan HipHop Drop-in</b> 1739 Venables 5:30-9:30pm Free*  <b>Big Screen Movie Night</b> (13-19 yrs) TC 7:00-9:00pm Free <sup>+</sup>	<b>Latin Cooking</b> 55+C 4:30-6:30pm Free <sup>+</sup>	<b>Youth Only Swim</b> (11-18yrs) Jan 5, Feb 1, Mar 1 Pool 8:00-10:00pm Free  <b>Drop-in Open Gym</b> (11-18yrs) Gym C 4:30-6:45pm Free <sup>+</sup>	
Adult	<b>Pickleball</b> Gym C 9am-12pm \$4  <b>Yoga Flex</b> CFEC 10:15-11:15am \$12*  <b>Ball Hockey—Women</b> Gym D 4:15-6:00pm \$6*	<b>Zumba</b> Gym C 6:00-7:15pm \$11  <b>Ki Aikido – High Grade</b> Mat Room 7:30-9:30pm \$6*  <b>Stretch Therapy</b> CFEC 7:00-8:15pm \$25	<b>Indigenous Men’s Drum Group</b> FAR 5:00-7:00pm Free <sup>+</sup>  <b>Total Body Conditioning</b> Gym C 6:00-7:00pm \$4.75 (\$39.40/10 tix)  <b>Volleyball – Intermediate</b> Gym A/B 8:00-10:00pm \$6*	<b>Stretch Therapy</b> CFEC 9:15-10:30am \$25  <b>Zumba</b> Gym C 6:00-7:15pm \$11  <b>Ball Hockey—Co-ed</b> Gym D 7:15-8:45pm \$6*  <b>Ki Aikido – General</b> Mat Room 7:30-9:30pm \$10*	<b>Dance Aerobics</b> Gym C 6:00-7:00pm \$4.75 (\$39.40/10 tix)  <b>Soccer—Women</b> Gym D 6-7:30pm \$5*  <b>Ki Aikido – Women &amp; Trans</b> Mat Room 6:00-7:15pm \$8*  <b>Volleyball – Intermediate</b> Gym A/B 8:00-10:00pm \$6*	<b>Badminton</b> Gym C 7:00-9:45pm \$5  <b>Volleyball – Advanced</b> Gym A/B 7:00-10:00pm \$6*	<b>Salsa Fit</b> Gym C 10:00-11:00am \$4.75 (\$39.40/10 tix)  <b>Badminton</b> Gym C 1:30-5:00pm \$5*
55+	<b>Sunday Night Movie Series</b> 55+C 6-9pm FREE	<b>Osteofit</b> CFEC 11:00am-12:00pm \$13*  <b>Luncheon</b> 55+C 12:00-1:00 \$5  <b>Gentle Yoga</b> CFEC 2:00-3:15pm \$13*	<b>Vietnamese Drop-in</b> 55+C 9:00am-3:00pm Free <sup>+</sup>	<b>Elders Wellness Gathering</b> 55+C 12:30-4:00pm Free <sup>+</sup>  <b>Adaptive Yoga</b> CFEC 12:45-1:45pm \$12*  <b>Gentle Yoga</b> CFEC 2:00-3:15pm \$12*	<b>Elders Craft Collective</b> 55+C 1:00-4:00pm Free <sup>+</sup>	<b>Exercise with Friends</b> 55+C 10:00-11:00am Free <sup>+</sup>  <b>Blood Pressure &amp; Sugars</b> 55+C 11:15am-12:15pm Free <sup>+</sup>  <b>Luncheon</b> 55+C 12:00-1:00pm \$5	<b>Social Saturday Potluck</b> Jan 26, Feb 23, Mar 30 55+C 2:00-5:00pm Free <sup>+</sup>



\* For paid programs, drop-in space may be limited by registered participants.

+ Free with Britannia membership.