

Drop-In Programs at Britannia—Fall 2019

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) AML 3-5:pm By donation	Baby & Me Yoga CFEC 12:30-1:30pm \$15	Kindergym (1-5yrs) Gym D 11am-12:30pm \$2.50 drop-in	Kindergym (1-5yrs) Gym D 11am-12:30pm \$2.50 drop-in	Kindergym (1-5yrs) Gym D 11am-12:30pm \$2.50 drop-in	Kindergym \$20 for 10 tickets Available at Pool Cashier	Kindergym (1-5yrs) Gym D 10am-12pm \$2.50 drop-in
		Carnival Band (all ages) AML 7:30-10pm \$5 or Pay-What-You-Can	Kickstand Bike Club Kickstand 3:30-6pm Free ⁺	Lunch Hour Drop-in TC 11:30am-12:30pm Free			
Youth	Basketball (16-24yrs) Gym C 12-1:50pm Free ⁺		Feast of Flavours (13-18yrs) 55+ Centre 4-6:30pm Free ⁺	East Van Hip Hop Drop 1739 Venables 5:30-9:30pm Free	Latin Cooking (11-18yrs) 55+ Centre 5-8pm Free ⁺	Youth Only Swim (11-18yrs) Sep 6, Oct 4, Nov 1, Pool 8-10pm FREE	Canucks Game Night TC 7-9:30pm Various dates Free
			Indoor Soccer (11-18 yrs) Gym D 5-7pm Free ⁺	Stretch Therapy CFEC 9:15-10:30am \$25			
Adult	Pickleball Gym C 9am-12pm \$4	Zumba Gym C 6-7:15pm \$11	Big Screen Movie Night (13-19 yrs) TC 7-9pm Free ⁺	Zumba Gym C 6-7:15pm \$11	Iyengar Yoga—Lev 2/3 CFEC 5:30-7pm \$19	Women's Indoor Soccer Gym D 6-7:30pm \$5*	~ Salsa Fit Gym C 10-11am \$4.75
	Yoga Flex CFEC 10:15-11:15am \$12*	Stretch Therapy CFEC 7-8:15pm \$25	Iyengar Yoga—Lev 1/2 CFEC 9:30-11am \$19	Ball Hockey—Co-ed Gym D 7:15-8:45pm \$6*	~ Strength & Sculpting Gym C 6-7pm \$4.75	Volleyball – Advanced Gym A/B 7-10pm \$6*	Badminton Gym C 1:30-5pm \$5*
	Ball Hockey—Women Gym D 4:15-6pm \$6*	Ki Aikido – High Grade Mat Rm 7:30-9:30pm \$6*	~ Move Your Booty Gym C 6-7pm \$4.75	Ki Aikido – General Mat Room 7:30-9:30pm \$10*	Volleyball – Beginner Gym A/B 7-10pm \$6*	Badminton Gym C 7-9:45pm \$5*	~ Aerobics \$39.40 for 10 tickets Available at Pool Cashier
55+	EPIC Sunday Community Lunches Sep 8, 22, Oct 6, 20 FAR 12-2pm Free	Osteofit CFEC 11am-12pm \$13*	Iyengar Yoga—Lev 1/2 CFEC 7-8:30pm \$19	Wednesday Elders Group 55+ Centre 1-4pm Free ⁺	Elders Craft Collective 55+ Centre 1:30-4pm Free	55+ Only Gym Time Fitness Centre 9-10am \$4.58	* For paid programs, drop-in space may be limited by registered participants. + Free with Britannia membership.
	Great Sunday Movies 55+ Centre 6-9pm Free ⁺	Luncheon 55+ Centre 12-1pm \$5	Volleyball – Inter Gym A/B 8-10pm \$6*	Yoga 50+ CFEC 2-3:15pm \$13*	Indigenous Book Club Sep 12, Oct 10, Nov 14 Library 2-3:30pm Free ⁺	Luncheon 55+C 12-1pm \$5	
		Yoga 50+ CFEC 2-3:15pm \$13*	Vietnamese Drop-in AML 9am-3pm Free ⁺	55+ Book Club Sep 18, Oct 16, Nov 28 Library 2:45-4:45pm Free ⁺			

