



Drop-in Programs **January 2021** VI

Effective Monday January 4 to Sunday January 31

All programs at the Mount 7 Rec Plex and Golden Arena. Calendar is subject to change.

NEW: You must pre-register for programs. Register online at townofgolden.simplybook.me

**You can register for programs one week in advance and up to 30 minutes before the start of a program.
If a program is not showing up at a regular scheduled time, it is likely booked to capacity.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div data-bbox="19 806 266 892" style="border: 1px solid orange; padding: 5px;"> 4-5pm Family Skate </div>	<div data-bbox="280 678 542 756" style="border: 1px solid blue; padding: 5px;"> 10:30am-12pm Winter Walking </div>	<div data-bbox="566 678 828 785" style="border: 1px solid purple; padding: 5px;"> 9-10am Low-impact Group Fitness </div> <div data-bbox="566 806 828 892" style="border: 1px solid magenta; padding: 5px;"> 10:30-11:30am Seniors Fitness </div> <div data-bbox="566 921 821 1013" style="border: 1px solid orange; padding: 5px;"> 12-1pm Family Skate </div>	<div data-bbox="853 678 1116 756" style="border: 1px solid blue; padding: 5px;"> 10:30am-12pm Winter Walking </div>	<div data-bbox="1141 678 1404 785" style="border: 1px solid purple; padding: 5px;"> 9-10am Low-impact Group Fitness </div> <div data-bbox="1141 806 1404 892" style="border: 1px solid magenta; padding: 5px;"> 10:30-11:30am Seniors Fitness </div>	<div data-bbox="1429 678 1692 756" style="border: 1px solid blue; padding: 5px;"> 10:30am-12pm Winter Walking </div> <div data-bbox="1429 806 1692 892" style="border: 1px solid orange; padding: 5px;"> 12-1pm Family Skate </div>	<div data-bbox="1717 678 1916 756" style="border: 1px solid purple; padding: 5px;"> 10-11am Yoga </div>

Facebook and Instagram : @townofgolden

250.344.2271

rec.booking@golden.ca

golden.ca

Keep up to date and find out more about the latest program schedule by visiting golden.ca/recprograms