



# Drop-in Programs **March 2021** VI

Effective Monday March 1 to Wednesday March 31

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

*\*Please note, the last day of Arena operations is Sunday, March 14*

**NEW:** You must pre-register for programs. Register online at [townofgolden.simplybook.me](https://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
	10:30am-12pm Winter Walking	9-10am Low-impact Group Fitness	10:30am-12pm Winter Walking	9-10am Low-impact Group Fitness	10:30am-12pm Winter Walking	10-11am Yoga
4-5pm Family Skate	12-1pm Family Skate	10:30-11:30am Seniors Fitness	12-1pm Family Skate	10:30-11:30am Seniors Fitness	12-1pm Family Skate	
		12-1pm Family Skate		12-1pm Family Skate		

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](https://golden.ca/recprograms)