



Drop-in Programs **Winter 2020** v3

Effective Monday November 2 to Tuesday November 30th

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

NEW: You must pre-register for programs. Registration for November will open on October 31st.
Register online at townofgolden.simplybook.me

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4-5pm † Public skate at the Arena +starts November 8th</p>	<p>10:30am-12pm Winter Walking</p>	<p>9-10am Group Fitness</p> <p>10:30-11:30am Seniors Fitness</p> <p>12-1pm Parent & Tot skate at the Arena</p> <p>1:30-3:30pm Pickleball</p>	<p>10:15-11:45am † Parent & Tot Play † Classes hosted outside</p> <p>5:30-6:30pm Group Fitness</p> <p>7-9pm Pickleball</p>	<p>9-10am Group Fitness</p> <p>10:30-11:30am Seniors Fitness</p> <p>1:30-3:30pm Pickleball</p>	<p>10:30am-12pm Winter Walking</p> <p>12-1pm Parent & Tot skate at the Arena</p> <p>1:30-3:30pm Pickleball</p> <p>7-9pm Pickleball</p>	<p>10-11am Yoga + +Starts November 7</p>

Facebook and Instagram : @townofgolden

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