

# LOW COST PROGRAMS

*Committed to high quality programs and services that fit any budget, John Braithwaite Community Centre provides fun for everyone. Drop-in fees include HST*

## FAMILY

Sunday Family Drop-in	Su	1:00-4:00pm	\$1/person or \$3/family	Pg.5
Parent & Tot Gym Drop-in 1mos-5yrs	Tu	9:30-11:30am	\$1	Pg. 6
Parent & Tot Gym Drop-in 1mos-5yrs	Sa	9:15-11:15am	\$1	Pg. 6
Parent & Tot Art Drop-in 2-5yrs	F	10:00-11:30am	\$2	Pg.7
Table Tennis Drop-In 7yrs&up	F	4:00-5:30pm	\$2	Pg. 28

## CHILDREN

After School Sports Drop-In 8-15yrs	M,W,F	3:30-5:30pm	\$1	Pg. 10
Judo—sample classes	W	6:00-6:45pm	\$6/3 classes	Pg.10

## YOUTH

After School Sports Drop-In 8-15yrs	M,W,F	3:30-5:30pm	\$1	Pg. 10
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## ADULTS

Moderate Fitness Class (Women Only)	Tu	10:30-11:30am	\$1	Pg. 15
Moderate+ Fitness Class (Women Only)	F	9:15-10:15am	\$1	Pg. 15
Printmaking: Monoprint	M	6:30-8:30pm	\$2.24	Pg. 18
Badminton Drop-in	W	12:00-2:00pm	\$3.36	Pg.20
Badminton Drop-in	F	1:15-3:15pm	\$3.36	Pg.20
Zumba Workout—Sample class	Th	9:20-10:20am	\$2	Pg 20
Chair Zumba—Sample class	Th	10:45-11:30am	\$2	Pg 20
Ballet Bar Workout—Sample class	Th	6:00-6:55pm	\$2	Pg 20
Judo—sample classes	Th	7:30-8:15pm	\$6	Pg 22
Hatha Yoga—sample class	W	6:00-7:15pm	\$2.24	Pg 23
Noon Hour Soccer Drop-in	M,Tu,Th,F	12:00-1:00pm	\$2.24	Pg. 23
Soccer Drop-in 18yrs&up	Th	4:45-5:45pm	\$2.24	Pg.23
Men's Yoga—Sample class	W	7:00-8:30pm	\$2	Pg.23
Pickleball	Th	3:45-4:45pm	\$2.24	Pg. 28
Table Tennis Drop-In	F	4:00-5:30pm	\$2.24	Pg. 28

## ADULTS 55+

Music Jam	F	1:30-3:30pm	\$1	Pg. 26
JBCC Bistro	W/F	11:45am-1:00pm	\$6 for lunch	Pg. 26
Social Conversations	W	10:30am-12:00pm	\$1	Pg. 26
Table Tennis	W	1:45-3:45pm	\$2	Pg. 28
Badminton	Tu	1:15-3:15pm	\$2	Pg. 28
Pickleball	Th	1:15-3:15pm	\$3	Pg. 28
Social Bridge	Th	9:30-11:30am	\$2	Pg. 28
Nordic Pole Walking	W	11:00am-12:00pm	\$4	Pg. 28
Table Tennis	F	4:00-5:30pm	\$2	Pg.28
Laughter Yoga	Sa	11:00am-12:00pm	\$2.24	Pg.29
Laughter Yoga	Su	1:00-2:00pm	\$2.24	Pg.29
Golden Circle	Tu	1:00-3:00pm	\$2	Pg. 31