

Vancouver Aboriginal Friendship Centre
RECREATION PROGRAM SCHEDULE
 Fall 2017 (October Specific Programs)

ABORIGINAL YOUTH ENRICHMENT PROGRAM (Recreation Room) 3-6 pm, Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition & Homework Help 3:00 - 4:00 pm Jr. NBA Program @ VAFCS 4:00 - 5:00pm Cuystwi Youth (10-12) Wellness Program 4:00-6:00pm	Homework Club 3:30 - 4:30 pm Science Alive 5:00-6:00pm	Nutrition & Homework Help 3:00 - 4:00 pm Ray Cam Open Gym 3:30 – 5:30 pm Recreational Time 5:30-6:00pm	Nutrition 3:00 - 4:00 pm Swimming @ BRITANNIA 4:00 - 5:00 pm Science Alive 5:00 - 6:00 pm	Skating @ Brit 3:30:-4:30pm Kids Kitchen 4:30- 6:00 pm

SPORT AND CULTURE (Red: Gym, Blue: Chief Simon Baker Room, Green: Recreation Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pow Wow Dancing 6:00 - 8:00 pm Steve Nash Basketball Program 5:00 - 6:30 pm Adult Co-Ed Drop-In Basketball 6:30 – 8:30 pm Youth in Leadership 6:00-8:00 pm Youth Lacrosse 8:30 - 9:30 pm	POW WOW FAMILY NIGHT 7:00 - 10:00 pm	METIS FAMILY NIGHT 5:30-7:30PM WEST COAST FAMILY NIGHT 7:00 - 10:00 pm	Jr. Boys Basketball 4:00-6:00 pm Duke of Edinburgh 6:00-8:00 pm Because We're Girls Group 6:00 – 8:00 pm	Youth Rugby Program (Oct-Nov) 4:00- 5:00pm Ladies Drop-in Basketball 6:00 – 7:45 pm	Jr. Boys Basketball 12:00-2:00pm Jr. Girls Basketball 2:00-4:00pm	Jr. Girls Basketball 10:00am-12:00pm Women's Basketball 12:00-2:00 Adult Drop-in Soccer 2:00 – 5:00 pm