

Vancouver Aboriginal Friendship Centre
RECREATION PROGRAM SCHEDULE
 Winter 2018 (January Specific Programs)

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Nutrition & Homework Help 3:00 - 4:00 pm 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 Self-Esteem through Illustration 4:00 – 5:00 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 |
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| Pow Wow Dancing 5:30 - 7:30 pm Adult Co-Ed Drop-In Basketball 6:00 – 8:00 pm Youth in Leadership 6:00-8:00 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 | 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 |