



BC Family Day WEEKEND

at Timms Community Centre 20399 Douglas Cres

ALL ACTIVITIES ARE FREE!

Saturday February 16

Parent & Tot Drop-In

9:30am - 11:00am (0-5 years)
West Gym

Weight Room Orientations

9:30am - 12:00pm (13+ years)
tandem, 45 minutes each
Pre-registration recommended
Weight Room

Library Family Fun Photo Booth

10:30am - 4:00pm
Library

Try it! Family Parkour Drop-In

3:00pm - 4:00pm (5-12 years)
West Gym

Try it! Family Parkour Drop-In

4:00pm - 5:00pm (13+ years)
West Gym

Family Open Gym

5:00pm - 5:45pm (all ages)
East Gym

Sunday February 17

Family Art Drop-In

11:00am - 3:00pm (all ages)
MPR 4

Family Open Gym

1:00pm - 3:45pm (all ages)
East Gym

Family Yoga

1:30pm - 2:30pm (6+ years)
Fitness Room

Family Badminton

4:00pm - 5:45pm (all ages)
Gymnasium



Monday February 18

Langley Children Committee Booth

10:00am - 5:00pm
Lobby

BC Farm Museum Display

10:00am - 5:00pm
Lobby

Family Day Event

10:00am - 12:00pm (0-12 years)
Gymnasium

Family Zumba

10:30am - 11:30am (6+ years)
Fitness Room

Family Bootcamp

12:15pm - 1:00pm (8+ years)
Fitness Room

Family Pickleball

2:00pm - 4:30pm (all ages)
Gymnasium

Family Spin

4:15pm - 5:00pm (11+ years)
Spin Room