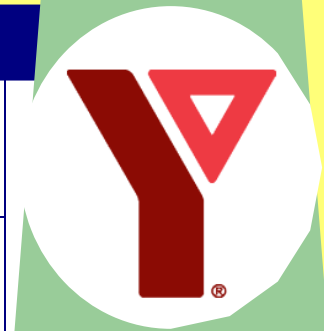


YMCA CENTRE FOR IMMIGRANT *LIVE STREAM* PROGRAMS

September 14– 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning		ADULT ARTS 10:30am-12:00 pm	GENTLE EXERCISE & ENGLISH PRATICE 10:30am-12:00pm 	WALK FIT STARTING at GLEN GARDEN 10:30am-12:00pm			
Afternoon		YOURWAY to WELLNESS 1:30pm-4:00pm 		HEALTHY FAMILIES DURING TIMES of STRESS 2:00pm 	FREE TIME & YOU 1:30pm-2:30pm		SOCCER/ SPORTS IN THE PARK 1:00pm-4:00 pm
Evening	KIDS COUNT & COOK 3:30pm 	HOMEWORK CLUB 4:00 pm– 7:00pm English & Arabic 	ACTIVE NATURE TIME SHUBLE PARK 3:30 pm	HOMEWORK CLUB 4:00 pm– 7:00pm A DAY in LIFE 3:30pm WhatsApp	Y GUYS & Y GIRLS CROSS FIT 4:30 pm - 6:30pm		
			WELLNESS FROM THE HEART 6:00 pm– 7:00 pm 			POD SWIM at CGC 5:30pm– 7:30pm	
	SUNSET YOGA 7:30pm	BEDTIME STORIES 8:00 pm 		CANADIAN CITIZENSHIP CLASS 6:00pm-7:30pm			



GBVP ACTIVITIES
Men & Girls
Join us on

ACTIVE LIVING ACTIVITIES
Join us on Facebook live Stream, tune in to :
YMCA Active living
OR
YMCA Centre for Immigrant Programs page.

YOUTH OUTREACH ACTIVITIES
Ages : 13 - 19
Join us on :
- Zoom
- Instagram on **YMCA YOUTH OUTREACH**

Need more info :
- Call 902-457-9622
- Follow us on:
 YMCA Active Living Program
 YMCA Youth Outreach Program
 YMCA Centre for Immigrant Programs

Building a better tomorrow

These activities are free to Permanent Residents. For registration please call: 902-457-9622