

Community Wellness Event September 27th 1:00-4:00 PM

Time	Multi Purpose Room 1	Multi Purpose Room 2	Preschool Room	Studio A	Studio B	Aquatics	Gym 1	Gym 2	Climbing Wall	Wellness Room		
1:00-1:30	Parkour	Preschool Drop-in Gym			Health and Wellness Resource Open House		Family Basketball	Open Gym	Family Open Climb			
1:30-2:00						Family Swim to Survive						
2:00-2:30	Family Fitness Circuit	Lego Workshop	Story Time and Crafts	Building Positive Family Relationships Workshop			Family Badminton					Breast Health
2:30-3:00						Family Swim to Survive						
3:00-3:30							Family Volleyball				First Ascents	
3:30-4:00						Family Swim to Survive						

For Families with Children 2-5Y
For Families with Children 4+
Register on the Day of Event
Workshop or Resource Fair