

# SCHEDULE

ALL PROGRAMS ARE FREE EXCEPT WHERE COST IS NOTED

PROGRAM	MON	TUE	WED	THU	FRI	SAT
BALL HOCKEY						
DROP-IN		Drop-in (4-8pm) Ages 13-17	Jr Drop-in (6-8pm) Ages 8-12	Drop-in (4-8pm) Ages 13-17		
FILM & MEDIA						
MASTERWORKS			Jr Masterworks Dance (6-8pm) Ages 8-12			
SOCCER						
THE EDGE						
THE RIG		Strength Training (6-8pm) Ages 12-18	The Rig - Jr Rig (6-8pm) Ages 8-12	Parkour Academy (6-8pm) Ages 12-18		
THE ROCK		Drop-In Climbing Night (6-8pm) Ages 12-17	The Rock Jr Program (6-8pm) Ages 8-12			
YOUNG PARENTS		Young Moms (6-8pm)		Young Moms - Weekly Young Dads - bi-weekly (6-8pm)		
WORKFORCE	Summer Workforce 467 Manitoba Ave 3:30 - 6:30 PM (Ages 12-15)		Summer Workforce 467 Manitoba Ave 3:30 - 6:30 PM (Ages 12-15)	Summer Workforce 467 Manitoba Ave 3:30 - 6:30 PM (Ages 12-15)		