



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm		OLDER ADULTS 9:30	MIND AND BODY 10:00-12:00 Mosaic Church		YOGA 9:45 Centennial Arena		
Lunch 12 to 1 pm	FITNESS CLASS 11:45 –12:45 Childminding provided				SEWING CLASS 12:00-3:00		
Afternoon 1 to 4 pm			HOMEWORK CLUB 3:30-5:00 North End Library				
	Y CONNECTS Grade 3 - 6 2:45 - 4:30 Fairview Heights Elementary	TALKING CIRCLE 3:30-5:00 Class I: Level 1 Class II: Level 2	TALKING CIRCLE 4:30-6:00 Literacy Class	TALKING CIRCLE 4:30-6:00 Level 3/4			
Early evening 4 to 6 pm		IFTAR DINNER 7 :00 HALIFAX WEST					
Late evening 6pm onward		FAMILY SWEM 7:30 Canada Game Centre 3 \$		FAMILY SOCIAL NIGHT 4:30-6:30	DRUMMING 4:30—7:00		

These activities are available free to Permanent Residents. Please register at YMCA Centre for Immigrant Programs

104—7071 Bayers Road

call: 902-457-9622

email: yis@halifax.ymca.ca

www.ymcafx.ca/schedules/

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach