

JUNE IS RECREATION & PARKS MONTH



CANADA 150
Celebrating 150 years of recreation and parks

June 2017



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MON

TUE

WED

THU

FRI

SAT

1

Seniors Month
"Live your Best Life"



2

Pick up our Parks, Trails and Recreation Map at any of our facilities



3

Art in the Park – Willistead Park Sandpoint Beach Opens 1 pm – 7 pm



Free Art Cart Tours – Sculpture Park 11 am – 5 pm

4

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5

Try a Fitness Class – free 1 class drop in.



Low Impact Interval Training 9 am -10 am, SWRC

6

Visit Ojibway Nature Centre – 15 km of hiking trails, wildlife exhibits and more.



7

Try a Fitness Class – free 1 class drop in.



Low Impact Interval Training 9 am -10 am, SWRC

8

"Hike It" Take a walk and enjoy the Odette Sculpture Garden



9

Try a Fitness Class – free 1 class drop in.



Low Impact Interval Training 9 am -10 am, SWRC

10

Day Camp Info Day – Forest Glade C.C. 10 am -1 pm



Free Art Cart Tours – Sculpture Park 11 am – 5 pm

11

Free Art Cart Tours – Sculpture Park 11 am – 5 pm



12

"Bike It" Grab your bike and explore the trails @ Malden Park



13

Explore the Windsor Culture Map windsorculturemap.ca



Try a Fitness Class – free 1 class drop in. Aqua Step – AKH @ 9:45am – 10:30am

14

Give Yoga a Try



WFCU, 10:15 am, Optimist C.C., 7 pm – 8:30 pm

15

Try a Fitness Class – free 1 class drop in. Aqua Step – AKH @ 9:45am – 10:30am



16

Windsor Summer Fest begins – runs until July 2



17

Free Art Cart Tours – Sculpture Park 11 am – 5 pm

Day Camp Info Day – WFCU. 10 am -1 pm OPT 11 am – 3 pm

18

Free Art Cart Tours – Sculpture Park 11 am – 5 pm



19

Register for a Summer Program at any Recreation and Culture Facility



Try a fitness Class – Functional Fit @ AMC – 10-10:45am

20

National Aboriginal Day – Free Admission to Chmchuk Museum



Try a fitness Class – Zumba Gold @OPT. C.C. – 11-11:45am

21



First Day of Summer Enjoy your Neighbourhood Park

22

"Hike It" Take a walk on the Ganatchio Trail



23

Fitness Tip Friday:

Recreation Centres have programs geared toward all ages and abilities.

24

Free Art Cart Tours/Tembo Wash Day – Sculpture Park 11 am – 5 pm "Veggies and Dip" Swim sponsored by HKCC @AKH, 1:30 – 3:00 pm

25

Free Art Cart Tours – Sculpture Park 11 am – 5 pm



26

Summer Fest Ford Fireworks - Riverfront



27

Buy your summer swim pass today!



Don't miss out on the fun

28

Check out the Francois Baby House



29

Looking for a great gift idea? Buy your Rec Express card today!



30

"School's Out Swim" – ALL Outdoor Pools 1:30 pm – 4:30



Summer Day Camp start at the Community centres