

March 2019/ Tsartlip Active Living

Honor Your Health
Challenge



Sun	Mon	Tue	Wed	Thu	Fri
					1 Recreation Gym Activities 3:30–6:30pm Volley ball & Ultimate Frisbee for families
3	4 Week 5 kick off 5–7pm - Nutrition cooking! Anyone is welcome @ Health building	5 - Adults swim @ Panorama 9:30am, and everyone will meet there at the front desk - Homework club @ B/office 3–5pm - Hit Fitness 4:30–5:30pm @ the Admin building - Elders design exercise 5:30–6:15pm	6 - Nature walk 4:30–5:15pm meet @ LTS - Community swim night @ Panorama, bus comes around at 5:30pm	7 - Chair Yoga 10-11am - Tai Chi Stretching (Time to be confirm) - Youth training activities in various locations (after sch.)	8 Recreation Gym Activities 3:30–6:30pm Volley ball & Ultimate Frisbee for families
10	11 Healthy discussion, snacks and more @ the Health building everyone is welcome	12 - Adults swim @ Panorama 9:30am, and everyone will meet there at the front desk - Homework club @ B/office 3–5pm - Hit Fitness 4:30–5:30pm @ the Admin building - Elders design exercise 5:30–6:15pm	13 - Nature walk 4:30–5:15pm meet at the location agreed - Community swim night @ Commonwealth, bus comes around at 5:30pm	14 - Chair Yoga 10-11am - Tai Chi Stretching (Time to be confirm) - Youth training activities in various locations (after sch. Sch.0)	15 Recreation Gym Activities 3:30–6:30pm Volley ball & Ultimate Frisbee for families And more organize activities
17	18 Spring Break Kids Camp (schedule will come out soon)	19 - Spring Break Kids Camp (schedule will come out soon) - Adults swim @ Panorama 9:30am, and everyone will meet there at the front desk - Hit Fitness 4:30–5:30pm @ the Admin building - Elders design exercise 5:30–6:15pm	20 Spring Break Kids Camp (schedule will come out soon) Day swim - Nature walk 4:30–5:15pm meet at the location agreed	21 Spring Break Kids Camp (schedule will come out soon) - Chair Yoga 10-11am - Tai Chi Stretching (Time to be confirm) - Youth training activities in various locations (after sch. Sch.)	22 Spring Break Kids Camp (Schedule will come out soon)
24	25 Spring Break Kids Camp (schedule will come out soon)	26 - Spring Break Kids Camp - Adults swim @ Panorama 9:30am, and everyone will meet there at the front desk - Hit Fitness 4:30–5:30pm @ the Admin building - Elders design exercise 5:30–6:15pm	27 Spring Break Kids Camp (schedule will come out soon) Day swim - Nature walk 4:30–5:15pm Meet at the location agreed	28 Spring Break Kids Camp - Chair Yoga 10-11am - Tai Chi Stretching (Time to be confirm) - Youth training activities	29 Spring Break Kids Camp (schedule will come out soon) THE END OF THE 8 WEEKS PROGRAM! WE WIL CELEBRATE!