

Winter 2020 Active Living Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Experienced Line Dance 9:00 - 10:15am				Worth the Weight 9:15 - 10:15am	CLOSED
	50+ Fit and Fab 10:15 - 11:15am		50+ Fit and Fab 10:15 - 11:15am		Drop-in Pickleball 10:15 - 12:30pm		
		50+ Yoga 10:30 - 11:30am		50+ Yoga 10:30 - 11:30am	Pilates for You 10:15 - 11:15am	Art Workshops 10:00 - 1:00pm	
	Beginner Line Dance 11:30 - 12:30pm	Zumba Gold 11:45 - 12:45pm	Acrylic Painting 11:00 - 1:00pm	Beginner Watercolour 10:30 - 12:30pm	Advanced Watercolour 10:30 - 1:00pm		
Lunch	Drop-in Walking Club 12:00 - 1:00pm		Drop-in Walking Club 12:00 - 1:00pm				
Afternoon	Drop-in Crafters Club 1:00 - 3:00pm						
	Beginner Crochet 2:00 - 3:00pm	Intermediate Crochet 2:00 - 3:00pm	50+ Gentle Seated Yoga 2:00 - 3:00pm	Meditation Techniques 2:00 - 3:00pm	50+ Seated Strength 2:00 - 3:00pm		
			Youth Dodgeball 4:00 - 5:00pm	Youth Dance Crew 4:00 - 5:00pm			
			Youth Painting 4:30 - 6:00pm				
			Youth Badminton 5:00 - 6:00pm	Basketball (age 6-9) 5:00 - 6:00pm			
Evening	Yoga at Your Level 6:15 - 7:15pm	Worth The Weight 6:30 - 7:30pm	Yoga at Your Level 6:15 - 7:15pm				
		Introduction to Belly Dance 6:45 - 7:45pm					
			Beginner Watercolour 7:30 - 9:30pm	Intermediate Watercolour 7:30 - 9:30pm	Chill-Out Workshops 7:30 - 9:00pm		
		Relax and Recharge Yoga 8:00 - 9:00pm	Worth The Weight Getting Started 7:30 - 8:30pm				



For more information or to register, please visit <https://www.midsun.org/online-registration/>
call 403 254 8058 or email programs@midsun.org