

YMCA

Work Hard Eat Well



Join the YMCA for
Work Hard Eat Well
for fitness and food!
(Bring comfy clothes and your appetite!)

Session 1 Wednesdays: October 21 to February 3

Session 1 Fridays: October 23 to February 5
(Program will not run during the holiday break or stat holidays)

Session 2 Wednesdays: February 10 to May 26

Session 2 Fridays: February 12 to May 28
(Program will not run during March Break or stat holidays)

Where: Rideau Heights Community Centre

When: Wednesdays or Fridays

Time: 6pm to 8pm

Age: 9 - 13 years

Cost: FREE

To register, contact Brittiney

brittiney.poffley@eo.ymca.ca

613 546-2647 ext 248

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