






















June is Recreation and Parks Month 2010

Celebrate JUNE!

SUN	MON	TUES	WED	THURS	FRI	SAT
Join us in celebrating the benefits and values of recreation in everyday life.		1	2 Playball Soccer program begins from 5:30 - 7:15pm at Bradford Lions Park, register at www.townofbwg.com	3 Playball Soccer program begins from 5:30 - 7:15pm at Bradford Lions Park, register at www.townofbwg.com	4  Kids Jazz/Funk Dance workshop 6 yrs & over, Limited Spaces, 6:30-7:30pm at Elite Dance Corps	5  BWG Trails Day/Mayor's Hike for Health at Scanlon Creek Conservation Area beginning at 10am
6 Digital Photography program from 9am - 2pm at Scanlon Creek Conservation Area, register at www.townofbwg.com	7 Tae Kwon-Do session 3 begins from 4:45 - 5:30pm at Delfs' Martial Arts & Health Club, register at www.townofbwg.com	8  Wed. June 9 Urban Pole Walking Try us out (walking poles provided) 6:30 - 7:15pm at Bradford Community Centre Parking lot	9  Come out with Beth Vanstone for a free Kettlebell trial at Bradford Lions Park from 10 -11am	10  Come into A-Maisine Bodies for a free trial all day! 	11	12  Public Skating at the Bob Fallis Sports Centre from 12:30 - 2pm
13	14  Delfs' Fitness 6:45-8pm Adult Women Only TaeKwon Do Class (Age 16+) 7:45-9pm Adult Kickboxing Class (Age 14+)	15  Pilates at Bodyworx, 300 Holland St. W. from 5:30-6pm Delfs' Fitness 6:45-8pm Adult Korean Samurai Sword & Free gym pass	16  Delfs' Fitness 7:45 - 9pm Adult Kickboxing Class (Age 14+), & Free gym pass	17  Come out with Beth Vanstone for a free Learn to Run trial at Bradford Lions Park 6:30 - 7:30pm Delfs' Fitness 6pm - 7pm Mixed Martial Arts Grappling (Age 12+) 6:45pm - 8pm Adult Korean Samurai Sword & free gym pass	18	19  Monkeynastix for Kids, 10-10:30am 1-3 yrs, 10:45-11:15am 3-6 yrs, Bond Head Hall Delfs' Fitness 9:45 - 11am Kids Special Introduction to Tae Kwon Do (Age 5+)
20	21  Zumba Fitness 6:45-7:15pm at the Bradford Community Centre Auditorium Delfs' Fitness 6:45pm-8pm Adult Women Only Tae Kwon Do Class (Age 16+)	22  Pilates at Bodyworx, 300 Holland St. W. from 9-9:40am	23  Come out with Beth Vanstone for a free Kettlebell trial at Bradford Lions Park from 6:30 - 7:30pm	24	25  Sat. June 26 Monkeynastix for Kids, 10-10:30am 1-3 yrs, 10:45-11:15am 3-6 yrs at Lions Park Pavilion	26  Toonie Swim Saturday Public Swim 2:00 - 6:00pm at Bradford Lions Pool
27  Toonie Swim Sunday Public Swim 12:30 - 3:30pm at Bradford Lions Pool	28  Toonie Swim Evening Public Swim 5 - 7pm at Bradford Lions Pool	29  Toonie Swim Evening Public Swim 5 - 7pm at Bradford Lions Pool	30  Toonie Swim Weekday Public Swim 12:15 - 2:45pm at Bradford Lions Pool	Visit www.recandparksmonth.ca What are you doing to celebrate? Send us your stories: 416-426-7270 or jrpm@prontario.org		

Live it everyday!

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www.recandparksmonth.ca



VISIT WWW.TOWNOFBWG.COM FOR MORE DETAILS