

FIND YOUR BALANCE CALENDAR

JUNE 2022

HEALTH
FITNESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 - Squash Drop-in @ 6PM - Vancouver Squash League	7	8	9	10	11
12	13 - Squash Drop-in @ 6PM - Vancouver Squash League	14	15	16	17	18
19	20 - Level 1/ Level 2 Mixed STARTS - Squash Drop-in @ 6PM - Vancouver Squash League	21	22 - Ready, Set, Summer STARTS - Squash Rally Builder STARTS	23 - YWCA Health + Fitness Pride Week STARTS - Introduction to Squash STARTS	24	25
26	27 - Squash Drop-in @ 6PM - Vancouver Squash League	28 - YWCA Swim Combo Level 2/3 STARTS	29 - YWCA Swim Level 1, 2, and 3 STARTS	30 - YWCA Swim Combo Level 2/3 STARTS	LEGEND Registered Aquatics Pilates Reformer Squash Programming Summer Series Workshops Special Event	

STAY CONNECTED

Our **website** is always updated with the latest information such as programs, schedules, and member alerts.



Check out our **Facebook** page for fun workout videos, member draws, and events you don't want to miss.

