

#FunFridays

Week 2



Ice skating is a great Family Activity!

Outdoor ice skating is an excellent way to stay active and have fun together. Just like walking and swimming, ice skating is a low-impact exercise that offers many health benefits.

Take advantage of the cooler than normal weather by visiting an outdoor skating rink. Weather permitting, the Town of Oakville offers outdoor skating at several rinks. Visit the following websites for detailed info.

[Town of Oakville Outdoor Rinks](#) OR [Bronte Creek Provincial Park outdoor rink](#)



Join the Commit to Fit Challenge!

Pick a team or participate as an individual – it's FREE for YMCA members!

Sign up online or visit the Membership Services Desk.

ymcaofoakville.org