



# 2021 FREE WINTER PROGRAMS:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Knitting Club</b> 11 am - 12 pm				
<b>Gentlefit</b> 1:00 - 1:45 pm				
<b>ArtHouse</b> 4:00 - 5:30 pm	<b>Yogafit</b> 6:00 - 6:45 pm	<b>ArtHouse</b> 4:00 - 5:30 pm	<b>Kid Fit Yoga</b> 5:15 - 6:00 pm	<b>Together as Girls</b> 5:00 - 7:00 pm

If you have any questions or want to register:  
email [teresari@oakville.ymca.ca](mailto:teresari@oakville.ymca.ca)  
visit [ymcaofOakville.org/community-programs](https://ymcaofOakville.org/community-programs)

## Kid Fit Yoga

Kidfit Yoga is for youth ages 6 to 12. With a focus on strength, endurance and flexibility, this program enhances physical literacy; increasing body awareness, balance, coordination, and concentration. Incorporating music and stories sparks imagination.

2021 Merchants Gate	Dec 9 - Jan 27*	Thursdays from 5:15 pm – 6:00 pm
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## YogaFit

Based on traditional yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques. Designed to provide increased flexibility, strength and overall wellness.

2021 Merchants Gate	Dec 7 - Jan 25*	Tuesdays from 6:00 pm – 6:45 pm
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## GentleFit

With a combination of low impact cardiovascular aerobics, GentleFit targets large muscle groups in order to build endurance and muscle strength. It is designed to improve cardiovascular flow, range of motion, balance and strength to allow participants to complete daily movements with confidence. This class is ideal for those new to exercise, with joint problems or limited mobility.

2021 Merchants Gate	Dec 6 - Jan 24*	Mondays from 1:00 pm – 1:45 pm
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## Together as Girls

An inclusive space for youth 13 to 18 years who identify as girls to get together and engage in meaningful discussions, have fun and play games. Topics of interest focus on self-confidence, body image, navigating friendships and everything else that matters to you! Dinner Included.

2021 Merchants Gate	Dec 3 - Jan 28*	Fridays from 5:00 pm – 7:00 pm
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## Knitting Club

**Mondays 11 am to 12 noon**

Calling all knitters! Whether you are a beginner or experienced knitter join us every Tuesday for social and fun, yarn and needles provided!

## Advisory Committee Members Needed!

**Do you want to make a difference in your community?**

This committee will meet twice per month to discuss important issues affecting your community, refreshments provided

## ArtHouse x YMCA Kids Club - Winter Edition!

Join ArtHouse/YMCA for weekly arts and recreation activities for kids ages 7-12! This FREE after-school program offers kids the chance to explore their inner artist through craft making and creative projects, while keeping warm with active games and play!

**Volunteer opportunities available for youth aged 15+. Contact [lara@arthousehalton.com](mailto:lara@arthousehalton.com) for details.**

2021 Merchants Gate	Starting Jan 12	Wednesdays from 4:00 pm – 5:30 pm
1180 Dorval Drive	Starting Jan 10	Mondays from 4:00 pm – 5:30 pm

**\* No Classes December 6, 27, 28, 30 and holidays**

## QUESTIONS?

Call Teresa at **905-580-4614**

For more information or to register [ymcaofaokville.org/community-programs](http://ymcaofaokville.org/community-programs)

