

March 2016– Sugar Moon



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 One on one/ Family Sessions	2 RED ZONE 3:30pm-5pm	3 Parenting 9:30-12	4 Admin Day	5
6	7 Staff Meeting 10am-12	8 One on one/ Family Sessions	9 RED ZONE 3:30pm-5pm	10 Parenting 9:30-12 Sport Night 4:30-6	11 Admin Day	12 Georgian Col- lege Pow-wow (Barrie)
13	14 Camp Prep	15 March Break Camp 10am-3pm (Ages 4-12) Metis Culture	16 March Break Camp 10am-3pm (Ages 4-12) Snow Shoeing	17 March Break Camp 10am-3pm Snow Valley Tubing	18 DFIFC Youth Mental Health Workshop	19
20	21 One on one/ Family Sessions	22 (yoga) Jr Youth Group 4:30-6:30	23 (Snow Shoe/Skating) Int Youth Group 4:30-6:30	24 One on one/ Family Sessions Sport Night 4:30-6	25 Good Friday (Centre Closed)	26
27	28 Easter Monday (Centre Closed)	29 One on one/ Family Sessions	30 RED ZONE 3:30pm-5pm	31		

INDIGENOUS CHILDREN'S WELLNESS PROGRAM

* Please remember all programming during winter months are weather permitting. Short notice cancellations may occur. Sorry for the inconvenience this may cause.

Please Contact Emily Guarino to register you or your child for a program, Or a one on one/family session.

Emily Guarino
Indigenous Children's Wellness Program
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Fitness Classes at GBNFC (\$2/class):

Yoga– Wednesdays 6pm-7pm

Zumba– Tuesdays/Thursdays 6pm-7pm, 7pm-8pm

Boot Camp– Mondays 7pm-8pm