

# Spring 2020 Active Living Programs

## Starting March 31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		<b>Experienced Line Dance</b> 9:00 - 10:15am				<b>Worth the Weight</b> 9:15 - 10:15am	<b>CLOSED</b>
	<b>50+ Fit and Fab</b> 10:15 - 11:15am		<b>50+ Fit and Fab</b> 10:15 - 11:15am		<b>Drop-in Pickleball</b> 10:15 - 12:30pm		
		<b>50+ Yoga</b> 10:30 - 11:30am			<b>Pilates for You</b> 10:30 - 11:30am	<b>Art Workshops</b> 10:00 - 1:00pm	
	<b>Beginner Line Dance</b> 11:30 - 12:30pm	<b>Zumba Gold</b> 11:45 - 12:40pm	<b>Acrylic Painting</b> 11:00 - 1:30pm	<b>Beginner Watercolour</b> 10:30 - 12:30pm	<b>Advanced Watercolour</b> 10:30 - 1:00pm		
<b>Lunch</b>	<b>Drop-in Walking Club</b> 12:00 - 1:00pm		<b>Drop-in Walking Club</b> 12:00 - 1:00pm				
Afternoon		<b>Pilates for You</b> 1:30 - 2:30pm		<b>Social Seniors Group</b> 1:30 - 3:30pm			
			<b>50+ Gentle Seated Yoga</b> 2:00 - 3:00pm	<b>Meditation Techniques</b> 2:00 - 3:00pm	<b>50+ Seated Strength</b> 2:00 - 3:00pm		
			<b>Youth Dodgeball</b> 4:00 - 5:00pm				
			<b>Youth Painting</b> 4:30 - 6:00pm				
Evening	<b>Pickleball Lessons</b> 5:15 - 6:45pm		<b>Youth Badminton</b> 5:00 - 6:00pm	<b>Basketball (age 6-9)</b> 5:00 - 6:00pm			
	<b>Yoga at Your Level</b> 6:15 - 7:15pm	<b>Worth The Weight</b> 6:30 - 7:30pm	<b>Yoga at Your Level</b> 6:15 - 7:15pm				
		<b>Introduction to Belly Dance</b> 6:45 - 7:45pm					
			<b>Total Beginner Watercolour</b> 7:30 - 9:30pm	<b>Intermediate Watercolour</b> 7:30 - 9:30pm	<b>Chill-Out Workshops</b> 7:30 - 9:00pm		
		<b>Relax and Recharge Yoga</b> 8:00 - 9:00pm	<b>Worth The Weight Getting Started</b> 7:30 - 8:30pm				



For more information or to register, please visit <https://www.midsun.org/online-registration/>  
call 403 254 8058 or email [programs@midsun.org](mailto:programs@midsun.org)